


OCEAN STATE SENIOR DINING

MARCH 2012

SENIOR SERVICES, INC.  
 84 SOCIAL STREET, WOONSOCKET, RI 02895  
 401-766-3734

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1 SPLIT PEA SOUP DYNAMITE ON A ROLL CHIPS COLESLAW JELLO		2 MANHATTAN CLAM CHOWDER SALMON PIE OR TURKEY SANDWICH W/ CHIPS MARINATED BEETS CHOCOLATE PUDDING	
						<b>C:798 S:1329</b>		<b>C:366/400 S:1281/1546</b>	
5 BEEF NOODLE SOUP CHICKEN CHOW MEIN WHITE RICE CHINESE VEGETABLES FRUIT COCKTAIL		6 CORN CHOWDER BBQ RIBS MACARONI & CHEESE SEASONED SPINACH GRANOLA BAR		7 TURKEY RICE SOUP LIVER & ONIONS OR HAM SALAD SANDWICH HERB WHIPPED POTATOES PEAS & CARROTS JELLO W/ TOPPING		8 NAVY BEAN SOUP GARLIC BREAD AMERICAN CHOP SUEY SEASONED BROCCOLI LEMON PUDDING		9 N.E. CLAM CHOWDER CHICKEN W/ APPLE RAISIN STUFFING OR TUNA ROLL RICE PILAF CALIFORNIA VEGETABLES PINEAPPLE	
<b>C:351 S:1375</b>		<b>C:613 S:965</b>		<b>C:357/489 S:779/1724</b>		<b>C:545 S:926</b>		<b>C:649/482 S:1850/1365</b>	
12 TOMATO PASTA SOUP BEEF PATTY W/ MUSHROOM GRAVY HERB WHIPPED POTATO WINTER VEGETABLES SHORTBREAD COOKIE		13 MINISTRONE SOUP VEAL PARMIGIANA PASTA & SAUCE ITALIAN VEGETABLES JELLO		14 BEEF BARLEY SOUP CHICKEN SUPREME OR ROAST BEEF SANDWICH EGG NOODLES GREEN BEANS VANILLA PUDDING		15 <i>ST PATRICKS DAY MEAL!</i> CHICKEN NOODLE SOUP CORNED BEEF & CABBAGE BOILED RED POTATO BUTTERED CARROTS CAKE & ICING		16 MANHATTAN CLAM CHOWDER BAKED COD W/ LEMON OR CHICKEN SALAD ROLL HERB WHIPPED POTATOES MIXED VEGETABLES MARBLE PUDDING	
<b>C:522 S:755</b>		<b>C:556 S:1083</b>		<b>C:448/367 S:620/848</b>		<b>C:391 S:1076</b>		<b>C:374/469 S:1267/1217</b>	
19 VEGETABLE SOUP LO-SODIUM HOT DOG BAKED BEANS COLESLAW JELLO		20 TOMATO RICE SOUP SALISBURY STEAK HERB WHIPPED POTATOES CAPRI VEGETABLES RICE PUDDING		21 CREAM OF BROCCOLI SOUP GLAZED HAM OR TURKEY SANDWICH MASHED SWEET POTATOES PEAS & ONIONS PEACHES		22 CABBAGE SOUP DINNER ROLL FRENCH MEAT PIE MARINATED BEETS COFFEE CAKE		23 N.E. CLAM CHOWDER CHEESEBURGER OR FISH SANDWICH LETTUCE & TOMATO NO SALT POTATO CHIPS TROPICAL FRUIT	
<b>C:407 S:1289</b>		<b>C:460 S:920</b>		<b>C:331/333 S:863/1048</b>		<b>C:568 S:601</b>		<b>C:623/539 S:1351/1376</b>	
26 TOMATO LENTIL SOUP SWEDISH MEATBALLS HERB WHIPPED POTATOES CARROTS TAPIOCA PUDDING		27 PORTUGUESE KALE SOUP HERB ROAST CHICKEN TOMATO BASIL RICE GREEN BEANS PEARS		28 CHICKEN ESCAROLE SOUP MEATLOAF OR EGG SALAD ROLL BAKED POTATO W/ SR. CREAM MIXED VEGETABLES OREO COOKIE		29 BEEF VEGETABLE SOUP CHICKEN STUFFED W/ BROCCOLI & CHEESE RICE PILAF WINTER VEGETABLES JELLO W/ FRUIT		30 SEAFOOD CHOWDER BAKED PORK CHOP OR SEAFOOD SALAD ROLL HERB WHIPPED POTATOES GREEN PEAS BUTTERSCOTCH PUDDING	
<b>C:508 S:1043</b>		<b>C:408 S:864</b>		<b>C:465/401 S:736/707</b>		<b>C:657 S:1230</b>		<b>C:571/572 S:1465/1495</b>	

WELCOME!

Our requested donation is \$3.00 per meal.

THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

BREAD AND BUTTER INCLUDED WITH MEAL

Calorie and Sodium counts listed for each day's meal do NOT include milk, coffee or tea, bread and butter, and dessert

USDA Daily Dietary Guidelines recommend:

1500 mg Sodium

1600-2000 calories (depending on lifestyle)

RESERVATIONS MUST BE MADE WITH THE MEALSITE YOU PLAN TO ATTEND.

*Senior Services, Inc. receives funding from the Federal Government through the Rhode Island Division of Elderly Affairs.*