



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Subject to change with approval of Nutrition Director.</p> <p>24 hour notice for reservations & cancellations is appreciated.</p>		<p>1 Corn Chowder Beef Wellington w/Ketchup Au Gratin Potatoes King Edward Vegetables Rye Bread Sliced Pears (Pastrami & Swiss w/ Mustard on Rye) <i>Salad Bar</i></p>	<p>2 Egg Drop Soup Sweet & Sour Chicken Fried Rice/Vegetable Egg Roll White Bread Mandarin Oranges (Meatloaf w/Ketchup on White Bread) <i>Salad Bar</i></p>	<p>3 Red Chowder w/Crackers Breaded Lemon Lite Fish w/ Tartar Sauce Mashed Potatoes/Baby Carrots Wheat roll Butterscotch Pudding (Turkey w/Mayo on Wheat) <i>Salad Bar</i></p>
<p>6 Vegetable Barley Soup Sloppy Joe Buttered Noodles Mixed Vegetables Fresh Fruit Hamburger Roll (Chicken Salad on Hamburger Roll) <i>Salad Bar</i></p>	<p>7 Italian Wedding Soup Chicken Parmesan Sliced Seasoned Potatoes Normandy Blend Vegetables Multi Grain Bread Peach Half (Italian Grinder) <i>Salad Bar</i></p>	<p>8 HAPPY BIRTHDAY! Lemonade Low Sodium Hot Dog Potato Log/ 3-Bean Salad Hot Dog Roll Ice Cream Sand. (Hamburger on a Roll w/ Condiments) <i>Salad Bar</i></p>	<p>9 Chicken & Rice Soup Pork Loin w/Gravy & Applesauce Stuffing Buttered Sliced Carrots Rye Bread Lemon Pudding (Egg Salad on Rye) <i>Salad Bar</i></p>	<p>10 Escarole & Bean Soup Shepherd's Pie Seasoned Spinach Garlic Stick Frosted Brownie Wheat Bread (Tuna on Wheat) <i>Salad Bar</i></p>
<p>13 Split Pea Soup Baked Ham w/Glaze Sweet Potatoes/Peas & Onions Marble Bread Apricots (Sliced Chicken & Cheese on Marble Bread) <i>Salad Bar</i></p>	<p>14 VALENTINES DAY  Venus Di Milo Soup Stuffed Chicken w/Gravy Red Bliss Mashed Potatoes Zucchini Split Top Roll/Carrot Cake (Seafood Salad on Pita) <i>Salad Bar</i></p>	<p>15 Tossed Salad w/Tomato & Cucumber w/Dressing Beef Stew O'Brien Potatoes Green Beans /Roll/Fresh Fruit (Eggplant Parmesan w/ Sauce on Grinder Roll) <i>Salad Bar</i></p>	<p>16 Tomato Soup Roasted Chicken Quarter Wax Beans w/Pimentos Mac & Cheese Pumpernickel Bread Frosted Cup Cake (Ham Salad on Pumpernickel) <i>Salad Bar</i></p>	<p>17 White Chowder Beer Battered Fish w/Tartar Sauce Oven Roasted Potatoes Cole Slaw/Snowflake Roll Sliced Peaches (Chicken Salad on Bulky Roll) Salad Bar</p>
<p>20</p> <p style="text-align: center;"><u>Closed</u></p> <p></p>	<p>21 MARDI GRAS! Beef Noodle Soup Chicken Luxor/Rice Pilaf California Blend Vegetables Oatmeal Bread Fresh Apple (Bologna on Oatmeal w/Mustard) <i>Salad Bar</i></p>	<p>22 Minestrone Soup Vegetable Lasagna Garlic Stick Italian Blend Vegetables Hoodsie Cup (Tuna on Bulkie Roll) Salad Bar</p>	<p>23 Cranberry Juice Tuna Salad Carrot Raisin Slaw Potato Salad Croissant Vanilla Pudding (Ham & Swiss on Croissant) <i>Salad Bar</i></p>	<p>24 Onion Soup w/Croutons Egg Salad Sandwich Tossed Salad Coconut Cake (Italian Grinder) <i>Salad Bar</i></p>
<p>27 Grape Juice Stuffed Cabbage w/Sauce Harvest Vegetable Rice Cauliflower Wheat Bread Tapioca Pudding (Italian Tuna on Wheat) <i>Salad Bar</i></p>	<p>28 Chili Soup Roast Turkey w/ Gravy Butternut Squash/Green Beans Frosted Chocolate Cake Marble Bread (Ham & Cheese w/Mustard on Marble) <i>Salad Bar</i></p>	<p>29 Potato and Leek Chicken Cacciatore Roasted Red Bliss Sliced Carrots Hearty Nut Bread Baked Apple w/ Cinnamon (Italian Grinder) <i>Salad Bar</i></p>	<p>Contact Blackstone Health, Inc., for concerns regarding Food Allergies. Thank you for your donations! Checks can be made out to Blackstone Health, Inc.. Your donations help keep the program going!</p> <p style="text-align: center;"><i>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.</i></p>	