



December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Funded in part by the U.S. Administration on Aging and state funds through the Rhode Island Office of Healthy Aging.</p>	<p>Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.</p>	<p>1 Mushroom Barley Soup Meatball grinder Roasted zucchini & carrot Apple slices Multi grain roll Grab N' Go: Egg salad on rye bread</p>	<p>2 Vegetable Soup Stuffed Meatloaf Mashed potatoes Green beans Snowflake roll Sliced pears Grab N' Go: Chicken salad on wheat bread</p>	<p>3 Kale and Bean soup Baked fish Provencal Rice pilaf (Brown rice) Mixed vegetables Chocolate chip cookie Grab N' Go: Ham & Swiss on wheat roll</p>
<p>6 Minestrone Soup Italian Shepard's pie Mashed potato Cubed melon WW roll Grab N' Go: Chicken Sandwich on wheat roll</p>	<p>7 Tomato Soup French Onion Baked Chicken Mixed Vegetable Sweet potato Pudding Grab N' Go: Ham salad on Wheat Roll</p>	<p>8 Split Pea soup Steak & potatoes w/ Garlic Butter Sliced carrots / multi grain roll Sliced peaches Grab N' Go: Turkey on rye bread</p>	<p>9 Beef Lentil Soup Chicken Parmesan Seasoned cauliflower w/ broccoli Roasted potato Italian bread / Brownie Grab N' Go: Seafood salad on rye bread</p>	<p>10 Chicken Soup Sloppy Joe Cole slaw Potato wedges Multi Grain Roll Sugar Cookie Grab N' Go: Egg Salad on wheat bread</p>
<p>13 Cream of Broccoli Soup Mixed greens w/ tomatoes Lasagna Roll up w/meat sauce Sliced Italian bread Yellow cake Grab N' Go: Seafood salad on wheat bread</p>	<p>14 Navy bean Soup Beef Tacos Whole grain tortilla Roasted corn salsa/sour cream Lettuce /tomato/ apple juice 100% Grab N' Go: Tuna salad on rye</p>	<p>15 Chicken Soup Swedish meatballs Mashed potato Mixed vegetable / Biscuit Chocolate Chip Cookie Grab N' Go: Salami & Cheese on wheat roll</p>	<p>16 Sweet Potato Bisque Stuffed Pork Loin w/ apples Roasted potato Peas & carrots/ Parker house roll Holiday dessert Grab N' Go: Turkey Sandwich on Rye</p>	<p>17 Clam chowder (Red) Baked fish w/ lemon butter Rice pilaf Broccoli Florets Fresh fruit Grab N' Go: Egg salad on ww bread</p>
<p>20 Chicken Noodle Soup Baked Ziti w/ Meatballs, Sausage & Cheese Broccoli / garlic bread Fresh Fruit Grab N' Go: Ham & Cheese on Rye</p>	<p>21 Tomato Soup Chicken Cacciatore Fingerling potatoes Green beans/ Multi grain Roll Pudding Grab N' Go: Egg salad on wheat roll</p>	<p>22 Vegetable Soup Tossed Salad Sausage & pepper Sandwich Whole wheat roll Sliced apples Grab N' Go: Chicken salad on whole wheat</p>	<p>23 Pasta & Bean Soup Chicken Cordon Bleu Rice pilaf (brown rice) Zucchini Brownie Grab N' Go: Turkey & provolone / ww bread</p>	<p>24 The Center Closes at Noon </p>
<p>27 The Center is CLOSED </p>	<p>28 Beef Stew Tossed salad Apple juice 100% WW roll Brownie Grab N' Go: Salami & cheese on ww roll</p>	<p>29 Lentil soup Chicken Fajita w/ peppers & Onions Spanish rice (Brown rice) Fruit salad Grab N' Go: Tuna salad on ww roll</p>	<p>30 Tomato soup Salisbury steak w/gravy Mashed potatoes Peas & carrots WW Roll Coffee cake Seafood salad on Rye</p>	<p>31 New Year's Eve Breakfast Orange Juice 100% Cheese omelet Corn bread Home fries Apple slices Grab N' Go: Vegetable quiche w/ corn bread</p>

