





\$3.00 Suggested Donation / Portsmouth Café-reservations must be made by 11:15 am the day before by calling 401-683-4106!

February 2020 Menu Name:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>“Funded in part by the US Administration on Aging and state funds through the RI Office of Healthy Aging”</i></p>		<p>February Salad Option Ham -Hard Boiled Egg Tomato-Cheese Lettuce-Ranch Dressing</p> <p>Begins Monday February 3rd</p>	<p>Thank you for your donations. Your donations help keep the Program going.</p> <p>All menu items may contain nuts, seeds, beans, wheat bran + other allergens.</p>	
<p>3 100% Juice Scrambled Eggs Sausage Patty Stuffed Pancake w/Syrup Tomato Slice Fruit Cocktail</p> <p><i>(Fish Sand. on Roll)</i></p>	<p>4 Vegetable Soup Chicken Cordon Bleu w/Gravy O'Brien Potatoes Winter Blend Vegetables Wheat Bread Fresh Fruit</p> <p><i>(Turkey and Cheese on Wheat)</i></p>	<p>5 Low Sodium V8 Beef Stroganoff Mashed Potatoes Mixed Vegetables Wheat Roll Lemon Pudding</p> <p><i>(Pulled Pork on a Roll)</i></p>	<p>6 Chicken Escarole Soup Tuna Noodle Casserole Spinach Rye Bread Chocolate Chip Cookie</p> <p><i>(Chicken Salad on Rye)</i></p>	<p>7 Tomato & Brown Rice Soup French Meat Pie w/Ketchup Brussel Sprouts Wheat Bread Diced Peaches</p> <p><i>(Egg Salad on Wheat)</i></p>
<p>10 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Mixed Vegetables Rye Bread Butterscotch Pudding</p> <p><i>(Italian Tuna on Rye)</i></p>	<p>11 Pasta and Bean Soup Baked Fish w/ crumb topping Oven Roasted Potato Green Beans Marble Bread Coffee Cake</p> <p><i>(Chicken Salad with Cranberry and Walnuts on Marble)</i></p>	<p>12 Chicken & Brown Rice Soup Shepherd Pie Sautéed Spinach Wheat Fresh Fruit</p> <p><i>(Seafood Salad on Wheat)</i></p>	<p>13 Barley Vegetable Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Pudding Pumpernickel Bread</p> <p><i>(Honey Ham & Cheese on Pumpernickel)</i></p>	<p>14 Minestrone Soup Yankee Pot Roast w/Gravy Parsley Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread</p> <p><i>(Eggplant Grinder)</i></p> 
<p>17</p>  <p>CENTER CLOSED</p>	<p>18 Cream of Spinach Soup Chicken Marsala Roasted Herb Potato Mixed Vegetables Dinner Roll Sliced Peaches</p> <p><i>(Meatball Sub)</i></p>	<p>19 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Wheat Bread Jello</p> <p><i>(Turkey and Swiss on Wheat)</i></p>	<p>20 Birthday Celebration Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Multi Grain Bread Cupcake</p>  <p><i>(Tuna Salad on Multi Grain)</i></p>	<p>21 Red Chowder Seafood Casserole Rice Pilaf Broccoli Cuts Wheat Bread Fresh Fruit</p> <p><i>(Italian Grinder)</i></p>
<p>24 Beef Barley Soup Meatloaf w/Gravy Baked Potato w/Sour Cream Mixed Vegetables Rye Bread Chocolate Pudding</p> <p><i>(Honey Ham & Cheese on Rye)</i></p>	<p>25 Potato & Leek Soup Oven Roasted Turkey w/ Gravy Stuffing Normandy Blend Vegetables Pumpernickel Bread Ice Cream</p> <p><i>(Corned Beef on Pumpernickel)</i></p>	<p>26 Chicken Soup Meatballs w/Sauce Seasoned Wheat Ziti Broccoli Multi Grain Bread Pears</p> <p><i>(Ham Salad on Multi-Grain)</i></p>	<p>27 Italian Wedding Soup Roasted Pork Loin Oven Roasted Potatoes California Blend Vegetables Wheat Bread Fresh Fruit</p> <p><i>(Salmon Salad on Wheat)</i></p>	<p>28 Cream of Broccoli Soup Grilled Chicken Mashed Potatoes Winter Blend Vegetables Rye Bread Brownie</p> <p><i>(Corned Beef & Swiss on Rye)</i></p>