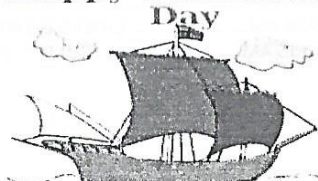



\$3.00 Suggested Donation / Portsmouth Café-reservations
must be made before 11:30 am the previous day.

October 2018

Name: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tomato & Brown Rice Soup French Meat Pie Seasoned Spinach Apple Oatmeal Bar Pumpernickel Bread <i>(Turkey & Cheese on Pumpernickel)</i>	2 Venus de Milo Soup Veal w/Marinara Sauce Seasoned Whole Wheat Pasta Normandy Blend Vegetables Apple Crisp Italian Bread <i>(Bologna & Cheese on Italian)</i>	3 Beef Vegetable Soup Chicken Cordon Bleu w/Gravy Mashed Potatoes Green Beans Fresh Fruit Rye Bread <i>(Tuna on Rye)</i>	4 100% Juice Turkey Chili Sweet Potato Capri Blend Vegetables Coffee Cake Sliced Italian Bread <i>(Egg Salad on Italian)</i>	5 Clear Chowder Beer Battered Fish O'Brien Potato 3 Bean Salad Fruit Cocktail Wheat Bread <i>(Hot Dog on a Roll)</i>
8 Happy Columbus Day  CENTER CLOSED	9 <u>NO MEALSITE</u> Free Brunch sponsored by Brookdale <i>(Secrets to getting a good night sleep!)</i> "Space Limited to 25 ppl" Please call 683-4106 to reserve your place!"	10 Barley Soup Florentine Fish Rice Pilaf Sliced Carrots Diced Pears Whole Grain Bread <i>(Turkey & Cheese on Whole Grain)</i>	11 Chicken Soup w/anci di pepe American Chop Suey Elbow Pasta Italian Blend Vegetables Ice Cream Wheat Bread <i>(Ham Salad on Wheat)</i>	12 Seafood Chowder Chicken Marsala Red Bliss Mashed Potatoes Green Beans Almandine Fresh Fruit Marble Bread <i>(Bologna & Cheese on Marble)</i>
15 Beef Vegetable Soup Pork Loin w/Applesauce Scalloped Potatoes Broccoli Pudding Dinner Roll <i>(Hamburger on a Bun)</i>	16 Cream of Broccoli Soup BBQ Chicken Leg Mashed Potatoes Vegetable Blend Fresh Fruit Rye Bread <i>(Italian Tuna on Rye)</i>	17 Lentil Soup Italian Sausage Sliced Potatoes Peppers & Onions Cookie 9-Grain Bread <i>(Sliced Chicken on 9 Grain)</i>	18 Happy Birthday Pasta & Bean Soup Beef Wellington Garlic Spinach Frosted Cupcake Whole Wheat Bread <i>(Seafood Salad on Wheat)</i> 	19 Chicken Escarole Soup Airline Chicken Chuck Wagon Corn Zucchini and Yellow Squash Sliced Peaches Rye Bread <i>(Roast Beef & Cheese on Rye)</i>
22 Split Pea Soup Baked Ham w/Pineapple Sauce Sweet Potatoes Prince Edward Vegetables Greek Yogurt Wheat Dinner Roll <i>(Chicken Salad on Wheat Roll)</i>	23 Vegetable Soup Fried Steak w/Country Gravy O'Brien Potatoes Mixed Vegetables Fruit Cocktail Marble Bread <i>(Honey Ham & Cheese on Marble)</i>	24 Chicken Soup BBQ Pulled Pork Baked Potato w/Sour Cream Asparagus Cuts Fresh Fruit Multi Grain Bread <i>(Fish Sandwich on Multi Grain)</i>	25 Beef Noodle Soup Stuffed Chicken w/Broccoli & Cheese w/Gravy Brown Rice Sliced Carrots Brownie Rye Bread <i>(Tuna on Rye)</i>	26 Red Chowder Stuffed Sole Mashed Potatoes Broccoli Diced Pears Dinner Roll <i>(Italian Grinder)</i>
29 Turkey & Rice Soup Chicken Cacciatore Seasoned Tortellini Winter Blend Vegetable Ice Cream Sandwich Multi Grain Bread <i>(Honey Ham & Cheese on Multi Grain)</i>	30 Italian Wedding Soup Roast Turkey w/Gravy Whipped Potatoes Green Beans Fig Bar Pumpernickel Bread <i>(Corned Beef on Pumpernickel)</i>	31 Goblin Chicken Soup Raven's Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i>	<i>All menu items my contain Nuts, seeds, beans, wheat bran, and other allergens!</i> <hr/> <i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i>	Salad of the Month Tuna, Tomato, Olives, Salad Mix, Croutons, Lite Italian Dressing <u>Beginning 10/01/18</u>