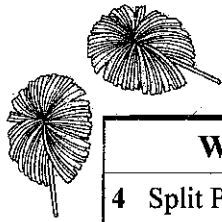
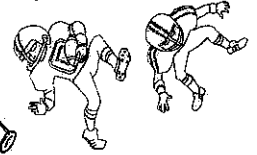
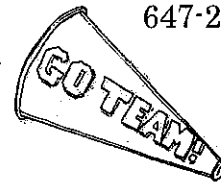
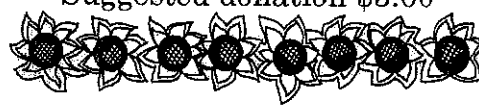
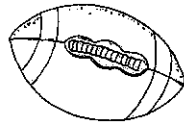


OCTOBER 2017

Blackstone Café
728-9290

Café on Chopmist Hill
647-2662

Suggested donation \$3.00



WEDNESDAY	THURSDAY	FRIDAY
4 Split Pea Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Coffee Cake Wheat Dinner Roll <i>(Fish Sand. On Wheat Hamburger Bun)</i>	5 Venus de Milo Soup Baked Fish w/Crumb Topping Baked Potato w/Lite Sour Cream Italian Blend Vegetables Jello 9-Grain Bread <i>(Turkey and Cheese on 9 Grain)</i>	6 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini Fresh Fruit Rye Bread <i>(Meatballs on a Grinder Roll)</i>
11 Chicken Escarole Soup Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread <i>(Tuna on Oatmeal)</i>	12 Vegetable Soup Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread <i>(Shrimp Salad on Rye)</i>	13 Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread <i>(Meatloaf on Wheat)</i>
18 Pasta & Bean Soup Italian Sausage w/Mustard Peppers & Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread <i>(Meatball Sub)</i>	19 <u>Happy Birthday</u> Cream of Broccoli Soup Shepherds Pie Asparagus Cuts Frosted Cupcake Wheat Bread <i>(Italian Grinder)</i>	20 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread <i>(Tuna on Rye)</i>
25 Turkey Chili Soup BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>(Ham Salad on Rye)</i>	26 Barley Soup Veal/low sodium Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread <i>(Roast Beef & Cheese on Marble)</i>	27 Red Chowder Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread <i>(Chicken Salad on Wheat)</i>
<p>Thank you for your donations! Your donations help keep the program going.</p> <p><i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p><i>Funded in part by the U.S. administration on aging and state funds by the Rhode Island Department of Elderly Affairs</i></p>	<p>Salad of the Month Southwest Grilled Chicken Black Beans and Corn Tomatoes Tri-Color Tortilla Strip Lettuce Mix Honey Lime Dressing Monday Oct. 2 Start Date</p>



Please inform Kitchen of any food allergies.

Name _____