



# JULY 2017

Suggested donation \$3.00

Café on Chopmist Hill  
647-2662

WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b> L.S. Beef Noodle Soup <b>Herb Roasted Chicken</b> Diced Potatoes w/Onions Zucchini Coffee Cake Rye Bread <i>(Ham &amp; Swiss on rye)</i></p>	<p><b>6</b> Cottage cheese/Pineapple <b>Turkey Meatloaf w/LS Gravy</b> Mashed Potatoes Asparagus Cuts Chocolate Pudding Multi grain Bread <i>(Sliced Chicken on Multi grain)</i></p>	<p><b>7</b> Chicken Soup Ancie de Pepe <b>Meatballs w/Sauce</b> Whole Grain Pasta Green Beans Jello Snowflake Roll <i>(Shrimp Salad on a Roll)</i></p>
<p><b>12</b> Chicken Gumbo Soup <b>Roast Pork w/ Apple Sauce</b> Mashed Sweet Potatoes Vegetable Blend Wafer Cookie 9-Grain Bread <i>(Turkey &amp; Swiss on 9-Grain)</i></p>	<p><b>13</b> 100% Cranberry Juice <b>Turkey Chili</b> Corn Bread Salad w/Southwest Dressing Pineapple <i>(Grilled Chicken w/Jack Cheese on a Roll)</i></p>	<p><b>14</b> White Chowder <b>Baked Fish w/Lemon</b> Roasted Potato Sliced Carrots Mixed Fruit Rye Bread <i>(Ham &amp; Cheese on Rye)</i></p>
<p><b>19</b> LS Lentil Soup <b>Baked Ham w/Pineapple</b> Baked Potato/ Lite Sour Cream Diced Carrots Vanilla Pudding Dinner Roll <i>(Italian Grinder)</i></p>	<p><b>20 Happy Birthday</b> Pasta &amp; Bean Soup <b>Pot Roast w/LS Gravy</b> Mashed Potatoes Green Beans Frosted Cupcake Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p><b>21</b> Turkey Vegetable Soup <b>Chicken Marsala</b> Wild Rice Capri Blend Vegetables Fresh Fruit Rye Bread <i>(Tuna on Rye)</i></p>
<p><b>26</b> Tomato Basil Soup <b>Shepherds Pie</b> California Blend Vegetables Sponge Cake Wheat Roll <i>(Eggplant on a Roll)</i></p>	<p><b>27</b> Vegetable Soup <b>Chicken Cacciatore</b> Corkscrew Pasta Broccoli Lemon Pudding Wheat Bread <i>(Salami &amp; Provolone on Wheat)</i></p>	<p><b>28</b> Red Chowder Florentine Fish Roasted Potato Vegetable Blend Apricots Naan Bread <i>(Turkey Salad on Naan)</i></p>
<p><b>Please Inform your Server if you have a food allergy</b></p> <p><i>Tastes from the Southwest are featured on the 13th and 25th of this month</i></p>	<p><i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i></p>	<p><u>SALAD OF THE MONTH</u> Tuna / Romaine Lettuce Olive / Tomato / Green Peppers Light Italian Dressing</p>

Please inform Kitchen of any food allergies.

\_\_\_\_\_ Name