

Pilgrim Café February 2017

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>February Salad Option</u></p> <p><u>Sliced Turkey– Tomatoes</u></p> <p><u>Walnuts– Craisins</u></p> <p><u>Spinach/Iceberg Blend</u></p> <p><u>Light Balsamic</u></p>		<p>1 Chicken Soup Meatballs w/Sauce Seasoned Wheat Ziti Tossed Salad w/Dressing Ice Cream 9-Grain Bread</p> <p><i>(Ham Salad on 9-Grain)</i></p>	<p>2 Italian Wedding Soup Roasted Pork Loin Oven Roasted Potatoes California Blend Vegetables Fresh Fruit Wheat Bread</p> <p><i>(Salmon Salad on Wheat)</i></p>	<p>3 White Chowder Florentine Fish Garlic Mashed Potatoes <u>RI Grown Baby Whole Carrots</u> Pudding Dinner Roll</p> <p><i>(Meatloaf on Italian)</i></p>
<p>6 Chili Soup Italian Sausage Seasoned Shells Roasted Peppers and Onions Sport Bar Multi Grain Bread</p> <p><i>(Fish Sand. on Multi Grain w/ Tartar)</i></p>	<p>7 Vegetable Soup Chicken Cordon Bleu w/Gravy O'Brien Potatoes Winter Blend Vegetables Fresh Fruit Wheat Bread</p> <p><i>(Turkey and Cheese on Wheat)</i></p>	<p>8 Low Sodium V8 Beef Stroganoff Mashed Potatoes Mixed Vegetables Lemon Pudding Garlic Bread</p> <p><i>(Pulled Pork on a Roll)</i></p>	<p>9 Chicken Escarole Soup Tuna Noodle Cassarole Peas Chocolate Chip Cookies Rye Bread</p> <p><i>(Chicken Salad on Rye)</i></p>	<p>10 Tomato & Brown Rice Soup French Meat Pie w/Ketchup Brussel Sprouts Diced Peaches Wheat Bread</p> <p><i>(Egg Salad on Wheat)</i></p>
<p>13 Split Pea Soup Baked Ham w/Pineapple Ring/ mustard Sweet Potatoes Mixed Vegetables Butterscotch Pudding Rye Bread</p> <p><i>(Italian Tuna on Rye)</i></p>	<p>14 Pasta and Bean Soup Baked Fish w/ crumb topping w/ Lemon Wedge Rice Pilaf Green Beans Coffee Cake Marble Bread</p> <p><i>(Chicken Salad with Cranberry and Walnuts on Marble)</i></p>	<p>15 Chicken & Brown Rice Soup Shepard Pie Sautéed Spinach Garlic Roll Fresh Fruit</p> <p><i>(Seafood Salad on Rye)</i></p>	<p>16 <u>Birthday Celebration</u> Barley Vegetable Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Frosted Cupcake Pumpernickel Bread</p> <p><i>(Honey Ham & Cheese on Pumpernickel)</i></p>	<p>17 Minestrone Soup Yankee Pot Roast w/Gravy Parslied Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread</p> <p><i>(Eggplant Grinder)</i></p>
<p>20</p> <p style="text-align: center;">CLOSED President's Day</p> 	<p>21 Cream of Spinach Soup Chicken Marsala w/Mushroom Gravy Roasted Herb Potato Mixed Vegetables Sliced Peaches Garlic Bread</p> <p><i>(Meatball Sub)</i></p>	<p>22 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Ice Cream Wheat Bread</p> <p><i>(Turkey and Swiss on Wheat)</i></p>	<p>23 Venus de Milo Soup Swedish Meatballs Buttered Noodles RI Grown Sliced Carrots Chocolate Pudding Multi Grain Bread</p> <p><i>(Tuna Salad on Multi Grain)</i></p>	<p>24 Red Chowder Seafood Casserole Mashed Potatoes Broccoli Cuts Fresh Fruit Rye Bread</p> <p><i>(Italian Grinder)</i></p>
<p>27 Egg Drop Soup Chicken Chow Mein Crunchy Noodles Asian Blend Vegetables Shortbread Cookies Marble Bread</p> <p><i>(Egg Salad on Marble)</i></p>	<p>28 Potato & Leek Soup Oven Roasted Turkey w/Gravy Stuffing Normandy Blend Vegetables Sherbet Pumpernickel Bread</p> <p><i>(Corned Beef on Pumpernickel)</i></p>	<p>Farm Fresh RI Harvest of the Month</p> <p>CARROTS are featured on The 3rd and 23rd.</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>

Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.