

Pilgrim Senior Center Café Menu July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p> <p>Thank you for your donations! Checks can be made out to Blackstone Health. Your donations help keep the program going!</p>		<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i></p> <p>JULY SALAD OPTION: <i>Grilled Chicken, Cucumbers, Mandarin Oranges, Crispy Noodles Iceberg Lettuce, Sesame Dressing</i></p>		<p>1 Lemonade Fried Steak w/Country Gravy Potato Salad Cole Slaw Jello Dinner Roll <i>(Hot Dog on a Roll)</i></p>
<p>4</p>  <p>CLOSED Happy 4th of July</p>	<p>5 Vegetable Soup Pub Burger w/Gravy Mashed Potatoes Broccoli Cuts Diced Peaches Wheat Bread <i>(Meatball Grinder)</i></p>	<p>6 <u>BRUNCH</u> Orange Juice Fruit Stuffed Pancakes w/Syrup Sausage Links Omelet w/ Tomato Slice Fruit Cup</p>	<p>7 Onion Soup w/CROUTONS American Chop Suey Elbow Pasta Green Beans Shortbread Cookie 9-Grain Bread <i>(Italian Grinder)</i></p>	<p>8 Red Chowder Florentine Fish Crispy Potatoes Sliced Carrots Fresh Fruit Rye Bread <i>(Corned Beef on Rye)</i></p>
<p>11 Chicken Soup Beef Stroganoff Buttered Egg Noodles Mixed Vegetables Pudding Wheat Bread <i>(Grilled Chicken on Wheat)</i></p>	<p>12 Italian Wedding Soup Chicken Cacciatore Basil Rice Seasoned Summer Squash Fruit Cocktail Italian Bread <i>(Tuna on Italian)</i></p>	<p>13 Cream of Broccoli Soup Liver & Onions Mashed Potatoes Asparagus Cuts Fresh Fruit Oatmeal Bread <i>(Chicken Salad w/Cranberries & Walnuts on Oatmeal Bread)</i></p>	<p>14 Vegetable Soup Pork Chop w/Applesauce Roasted Potatoes Brussel Sprouts Chocolate Chip Cookie Wheat Bread <i>(Light Bologna on Wheat)</i></p>	<p>15 Corn Chowder Southwest Entrée Salad with Chicken Angel Cake Dinner Roll <i>(Egg Salad on a Roll With a Side Salad)</i></p>
<p>18 Potato & Leek Soup Oven Roasted Turkey w/Gravy Whole Grain Stuffing Peas & Carrots Oatmeal Cookie White Bread <i>(Shrimp Salad on White)</i></p>	<p>19 Split Pea Soup Baked Ham w/Glaze Mashed Sweet Potatoes Vegetable Blend Lemon Pudding Multigrain Bread <i>(Pastrami w/Cheese /Multigrain)</i></p>	<p>20 Escarole & Bean Soup Chicken a la King Whole Grain Biscuit Garden Salad w/Dressing Seasonal Fresh Fruit <i>(Hamburger w/Side Salad)</i></p>	<p>21 HAPPY BIRTHDAY Tomato Soup Shepherds Pie California Blend Vegetables Frosted Cupcake Snowflake Roll <i>(Honey Ham & Cheese on Rye)</i></p> 	<p>22 Low Sodium V8 Shrimp Jambalaya Collard Greens Corn Bread Diced Pears <i>(Sliced Chicken / Roll)</i></p>
<p>25 Beef Barley Soup Roast Pork Loin w/Gravy Mashed Potatoes Green Beans Fresh Fruit Wheat Bread <i>(Turkey & Swiss on Wheat)</i></p>	<p>26 Chicken Escarole Soup Grilled Chicken Corkscrew Pasta Primavera Side Salad w/Dressing Diced Peaches Garlic Bread <i>(Salmon Salad on a Roll)</i></p>	<p>27 Vegetable Soup Swedish Meatballs Buttered Noodles Mixed Vegetables Cookie Snowflake Roll <i>(Italian Tuna on a Roll)</i></p>	<p>28 Egg Drop Soup Crispy Chicken Asian Salad w/ Asian Dressing (Entrée) Coffee Cake <i>(Pulled Pork on a Roll w/Side Salad)</i></p>	<p>29 Lemonade BBQ Chicken Breast Baked Beans Tomato, Onion, Cucumber Salad Watermelon 9-Grain Bread <i>(Hot Dog on a Roll)</i></p>

\$3.00 Suggested Donation