

Pilgrim Café Menu September 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><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p>Salad Option for the Month Beginning Tuesday, September 6th Sliced Roasted Turkey Tomatoes—Apples—Grapes Lettuce Mix Light Balsamic Dressing</p>	<p>1 100% Orange Juice Cheese Omelet w/Sliced Tomato Sausage Links Crispy Cube Home Fries Fresh Fruit Cup</p>	<p>2 Minestrone Soup Shepherds Pie Brussel Sprouts Pudding Garlic Stick <i>(Italian Grinder)</i></p>
<p>5</p> <p>CLOSED Labor Day</p> 	<p>6 Pasta & Bean Soup Antipasto Salad/Asstorted meats and cheese /Lettuce /dressing Cookies Rye Bread <i>(Sliced Chicken & Cheese on Rye w/ side salad)</i></p>	<p>7 Lentil Soup Salisbury Steak w/Gravy Buttered Noodles Broccoli Cuts Fresh Fruit Whole Wheat Roll <i>(Tuna on Wheat)</i></p>	<p>8 Barley Vegetable Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Ice Italian Bread <i>(Salami & Provolone w/Mustard on Italian Bread)</i></p>	<p>9 Red Chowder Tuna Salad on a bed of Lettuce w/ Tomato/ Cucumber /Olives Balsamic Dressing Blueberry Cobbler Multi Grain Bread <i>(Pastrami & Swiss on Multi Grain)</i></p>
<p>12 Chicken Vegetable Soup Pork Loin w/Apple Sauce Rice Pilaf Sliced Carrots Peaches Dinner Roll <i>(Egg Salad on Wheat)</i></p>	<p>13 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetable Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p>14 Vegetable Soup Liver & Onions w/Gravy Mashed Potatoes California Blend Vegetables Fresh Fruit White Bread <i>(Seafood Salad on White Bread)</i></p>	<p>15 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpernickel Bread <i>(Ham Salad on Pumpernickel)</i></p>	<p>16 Seafood Gumbo Soup Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt Wheat Bread <i>(Roast Beef & Cheese on Wheat)</i></p>
<p>19 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i></p>	<p>20 Chicken Soup w/Anci de Pepe Sloppy Joe w/Peppers & Onions Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll <i>(Pulled Pork on Wheat Hamburger Roll)</i></p>	<p>21 Tomato & Brown Rice Soup Chicken w/Artichokes & Roasted Red Peppers in Lite Lemon Sauce Oven Roasted Potatoes Tossed Salad w/Dressing Italian Ice Whole Wheat Bread <i>(Chicken Salad on Whole Wheat)</i></p>	<p>22 100% Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i></p>	<p>23 Broccoli & Cheddar Soup Stuffed Chicken w/ gravy Mashed Potato Prince Edward Vegetable Mandarin Oranges Dinner Roll <i>(Meatball sub on a Roll)</i></p>
<p>26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini Apricot Half Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>27 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Carrot & Cabbage Mix Tapioca Pudding Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>28 100% Juice Beef Wellington w/Ketchup Brussel Sprouts Tossed Salad w/Dressing Fresh Fruit Wheat Bread <i>(Sliced Chicken & Cheese on Wheat)</i></p>	<p>29 Beef Noodle Soup SOUTHWEST SALAD Grilled Chicken /Lettuce Black Beans/ Corn/Tomato Honey Lime Dressing Garlic Bread Shortbread Cookies <i>(Meatloaf on White Bread)</i></p>	<p>30 Lentil Soup Italian Sausage on Roll Peppers and Onions Carrot Slaw Unsweetened Applesauce Rye Bread <i>(Corned beef & Cheese on Rye)</i></p>

\$3.00 Suggested Donation