

SAVORY FARE

NOURISHING YOU WITH MEALS THAT DELIGHT

Go Fish



This Week's News

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Good morning,

You may be eating out on a Friday coming up and hear people at neighboring tables discussing what to order. Someone says, "Oh, it's Friday!" If you've been known to say that yourself, play it safe and order fish or another kind of meatless dish to have handy for an at-home Friday.

Order from the Late Winter Menu now through **Friday, Feb. 28**, for delivery on **Wednesday, March 4**. If you forget to order by Friday, contact us anyway. There is always frozen food that is available. Place your order online at savorifyareinc.com, email us at Mary@savorifyareinc.com, or call 401-454-4955.

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If you're avoiding eating meat this Ash Wednesday and Fridays during Lent — or trying to add more fish to your diet — we have three choices for you. [South Indian Shrimp Curry](#) makes a delicious lunch or dinner, or enjoy our [Savory Fare Cod Cake](#) or [Salmon Cake](#), each with homemade Tartar Sauce provided.

Other tasty and meatless options include:

[Vegetarian Shepherd's Pie](#)
[Roasted Vegetable Frittata](#)
[Spinach and Cheese Stuffed Shells](#)



15% Off!

[Turkey Patty with Mushroom Gravy](#)
[Deviled Pork Chop](#)
[Chocolate Gingerbread Cookies](#)

Looking for a Driver

Do you know someone who lives in or near Warren, Rhode Island, who enjoys getting out and about while helping others?

We're looking for a driver to deliver our increasing orders to Portsmouth, Middletown, and Newport. On Wednesday afternoons, our drivers pick up their orders at Hope & Main in Warren. Drivers are compensated for mileage and choose two menu items per week to take home! Call Mary at 401-454-4955 to find out more!

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[Hope & Main's Meet Your Maker](#)

691 Main St., Warren

Sunday, March 15, 10:00 AM to 2:00 PM

We're getting excited about our third birthday celebration at the March Meet Your Maker and hope to see many of you there! And if you have ordered from us before, don't be shy — introduce yourself!

We'll be in the demonstration kitchen preparing delectable dishes. Perch on a chair at the counter to observe and ask questions, tell stories about similar dishes, and enjoy a taste of the finished product!

There will be raffles and other surprises. And if you're at the market and suddenly hear people singing "Happy Birthday," head over to the demo kitchen for some cake!

With warm wishes,

Mary and the Savory Fare Team

[Resources for Seniors in Rhode Island](#)



Find valuable resources for seniors in Rhode Island on one website:

RIElderInfo.com.



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