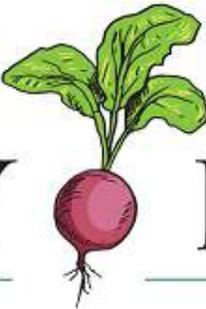


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SAVORY FARE

NOURISHING YOU WITH MEALS THAT DELIGHT

Seasonal Sensibilities



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This Week's News

- [A Savory Fare Salad](#)
- [15% Off!](#)
- [Looking for a Driver](#)
- [Events](#)



Good morning,

We've got a seasonally attuned, new kind of salad to introduce.

Order from the Late Winter Menu now through **Friday, Feb. 21**, for delivery on **Wednesday, Feb. 26**. If you forget to order by Friday, contact us anyway. There is always frozen food that is available. Place your order online at savoryfareinc.com, email us at Mary@savoryfareinc.com, or call 401-454-4955.

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Savory Fare salads are based on Mary's home concoctions for a light lunch — a combination of two or more kinds of lettuce with whatever fresh fruits and vegetables are available, from avocado to strips of red onion, often with the addition of chopped cashews for protein. The homemade salad dressing is a particularly delicious one made with red wine vinegar and balsamic vinegar.

We've enjoyed this kind of salad many times, at working team lunches on Mary's front porch in warm weather — talking about food while eating good, fresh food and watching Monarch butterflies soar over Mary's flowers! A bowl of [Beth Bakes](#) crispy crackers also appears on the table; these crackers are great with salad and testify to our admiration of the achievements of other Hope & Mainers.



So, the [Savory Fare Winter Salad](#) makes its debut on the Late Winter Menu as a seasonal version of a thoughtful yet impulsive mix of what's-in-the-fridge! This salad features walnuts with bell pepper strips, cucumber slices, red onions, and sweet, cool pear slices. Try it!

[15% Off!](#)

[Turkey Patty with Mushroom Gravy](#)

[Chicken with Cloves of Garlic](#)

[Deviled Pork Chop](#)

[Chocolate Gingerbread Cookies](#)

[Looking for a Driver](#)

Do you know someone who lives in Warren, Rhode Island, or nearby who is looking for a part-time project or volunteer job? (Or complaining of not enough to do?)

We're looking for a driver to deliver our increasing orders to Portsmouth,

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choose two menu items per week to take home! Call Mary at 401-454-4955 to find out more!

[Events](#)

Tomorrow! Meet Your Maker

Sunday, Feb. 16, 10 AM – 2 PM

[Hope & Main](#)

691 Main St., Warren

Celebrating Our Birthday!

Hope & Main's Meet Your Maker

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

We've moved our third birthday celebration to the March Meet Your Maker. Mark your calendars and join us to celebrate 3 years of preparing and delivering delicious food to our clients. Rosy will be demonstrating several favorite spring dishes, gift certificates will be raffled, and, of course, birthday 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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