


Suggested donation is \$3.00 per meal.
Thank you for your donation!

September 2019

MENU SUBJECT TO CHANGE

Meal site orders need to be submitted by Wednesday for the following week. Orders can be placed by contacting Ashley Metcalfe at 401-268-1592.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED ENJOY THE HOLIDAY!</p>	<p>3</p> <p>Tomato Soup Grilled Steak Tossed Salad Baked Potato Eclair (Ham and Swiss on Wheat)</p>	<p>4</p> <p>Fruit Salad Chicken Cacciatore Green Beans Whole Grain Wild Rice Jell-O (Tuna Salad on Wheat)</p>	<p>5</p> <p>Split Pea Soup Pork Chop with Red Sauce Mashed Cauliflower Sliced Carrots Lemon Square (Green Salad with Chicken)</p>	<p>6</p> <p>Berry and Mango Salad Sausage and Pepper Sandwich Peas Potato Chips Fruit Cup (Seafood Salad on Wheat)</p>
<p>9</p> <p>Navy Bean Soup Shepherd's Pie Wheat Biscuit Fruit Salad (Turkey Club)</p>	<p>10</p> <p>Caprese Salad Ravioli with Meat Sauce Mixed Vegetables Whole Wheat Roll Brownie (Roast Beef on Bulkie Roll)</p>	<p>11</p> <p>Vegetable Noodle Soup Crab Cakes Cole Slaw Wax Beans Fruit Cup (Cobb Salad)</p>	<p>12</p> <p>Cream of Mushroom Soup Chicken Piccata Brussel Sprouts Roasted Potato Coffee Cake (Egg Salad on Wheat)</p>	<p>13</p> <p>Tossed Salad Pork Tacos with Pineapple Salsa Rice & Pinto Beans Wheat Tortilla Pudding (Meatball Grinder)</p>
<p>16</p> <p>Minestrone Soup Greek Chicken Drumstick Peas and Carrots Macaroni Salad Fruit Salad (Cheeseburger on Wheat Roll)</p>	<p>17</p> <p>Apple Cranberry Salad Roast Beef with Gravy Roasted Zucchini & Tomatoes Potato Wedges Cookie (Italian Grinder)</p>	<p>18</p> <p>Chicken and Escarole Soup Spaghetti and Meatballs Wax Beans Italian Bread Apple Turnover (Tuna Club on Wheat)</p>	<p>19</p> <p>Kale and Bean Soup Stuffed Chicken Thigh with Seafood Stuffing and Gravy Broccoli and Mashed Potatoes Cookie (Chef Salad)</p>	<p>20</p> <p>Red Clam Chowder Fish Sandwich on Wheat Cole Slaw Pasta Salad Fruit Salad (Pastrami Rubeben on Rye)</p>
<p>23</p> <p>Mushroom Barley Soup Chicken Marsala Spinach Rice Pilaf Jell-O (Sausage and Pepper Sandwich)</p>	<p>24 BIRTHDAY MEAL </p> <p>Italian Wedding Soup Pot Roast with Gravy Green Beans and Potatoes Pastry (Chicken Salad on Wheat)</p>	<p>25</p> <p>Fresh Fruit Italian Chicken Cucumber Salad Cauliflower Cookie (Seafood Salad Plate)</p>	<p>26</p> <p>Juice Scrambled Eggs Home Fries Bacon and Sliced Ham Whole Grain French Toast</p>	<p>27</p> <p>Vegetable Soup Sticky Chicken Thigh Baby Carrots Bean Salad Brownie (Egg Salad Plate)</p>
<p>30</p> <p>Tomato Soup Pork Chop Suey Eggroll Garlic Noodles Pudding (BBQ Chicken Sandwich)</p>	<p>All menu items may contain <u>nuts, seeds, beans,</u> <u>wheat bran & other</u> <u>allergens. Please inform our</u> <u>staff of any food allergies</u> <u>when placing your order.</u></p>	<p>Funded in part by the U.S. Administration on Aging and state funds by the Rhode Island Division of Elderly Affairs.</p>	<p>Our meals are created by Encore Catering of Warwick. Please call Jennifer Veltri at Westbay CAP at 401-732-4660 ext. 325 with any questions or comments.</p>	<p>SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Grains - 2 ounces Protein - 3 ounces Vegetables - 3/4 cup</p>