

# Menu

## March Menu 2022


Suggested donation is \$3.00 per meal.  
Thank you for your donation!  
**MENU SUBJECT TO CHANGE**

Meal site orders must be submitted by noon on Wednesday for the following week.  
Please call 268-1592 to place an order for lunch.

Our meals are created by Encore Catering of Warwick.

Please call Westbay CAP at 401-732-4660 ext. 325 with any questions or comments about meals.

Funded in part by the U.S. Administration on Aging and state funds by the Rhode Island Office of Healthy Aging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>All menu items may contain nuts, seeds, beans, wheat bran &amp; other allergens. Please inform our staff of any food allergies when placing your order.</u></p>	<p>1) Vegetable Soup Chicken Marsala Peas &amp; Carrots Sweet Potatoes Multi Grain Roll Peaches  (Chicken Salad on Wheat)</p>	<p>2) Escarole &amp; Bean Soup Tossed Salad Lasagna Roll Up (Meatless) Roasted Zucchini Italian Bread Chocolate Chip Cookie (Egg Salad on Wheat)</p>	<p>3) Tomato Soup Salisbury Steak with Gravy Mashed Potatoes Green Beans Snowflake Roll Sliced Pears (Turkey on Multigrain)</p>	<p>4) Kale and Bean Soup Baked Fish Cakes Rice Pilaf (Brown Rice) Steamed Broccoli Pudding  (Ham &amp; Swiss on Wheat)</p>
<p>7) Minestrone Soup Meatball Sandwich Roasted Zucchini &amp; Carrot Multi Grain Roll Apple Slices  (Chicken Salad on Wheat)</p>	<p>8) Tomato Soup Onion Baked Chicken Roasted Potatoes Sliced Carrots Garlic Bread Pudding  (Salami, Ham &amp; Cheese on Wheat Roll )</p>	<p>9) Mush. Barley Soup Shepherd's Pie Mashed Garlic Potatoes Wheat Roll Sliced Pears  (Turkey on Rye)</p>	<p>10) Lentil Soup Beef Casserole over Cheesy Buttered Noodles Mixed Vegetables Whole Wheat Roll Cookie  (Seafood Salad on Rye)</p>	<p>11) White Clam Chowder Baked Fish Spinach au Gratin Potato Wedges Multigrain Roll Fruit Salad  (Egg Salad on Wheat)</p>
<p>14) Broccoli Soup Sloppy Joe Cole Slaw Whole Wheat Roll Cookie  (Turkey &amp; Swiss on Wheat)</p>	<p>15) Navy Bean Soup Baked Mac &amp; Cheese Zucchini with Carrots Whole Wheat Roll Pudding  (Chicken Salad on Rye)</p>	<p>16) Chicken Soup Sweet n Sour Pork Brown Rice Stir-Fry Vegetables Mixed Fruit  (Salami &amp; Cheese on Wheat)</p>	<p>17) <u>St. Patrick's Day</u> Split Pea Soup Corned Beef Cabbage &amp; Carrots Boiled Potato Irish bread  Cupcake <b>PREPAID TICKETS ONLY</b></p>	<p>18) <u>St. Joseph's Day</u> Tomato Soup Chicken Parmesan Rice Pilaf Broccoli Florets Zeppole (Tuna Salad on Wheat)</p>
<p>21) Chicken Noodle Soup Pub Burger with Cheese Mixed Vegetables Chips Whole Wheat Roll Sliced Fruit  (Ham &amp; Cheese on Wheat)</p>	<p>22) Lentil Soup Breaded Chicken Thigh with Gravy Fingerling Potatoes Green Beans Multigrain Roll Pudding (Egg Salad on Multigrain)</p>	<p>23) Tomato Soup Swedish Meatballs Mashed Potatoes Sliced Carrots Multigrain Bread Fresh Fruit  (Seafood Salad on Roll)</p>	<p>24) Minestrone Soup Open Turkey Sandwich with Gravy Stuffing Cole Slaw Sliced Bread Cupcake (Corned Beef on Rye)</p>	<p>25) Vegetable Soup Potato Crusted Fish Cole Slaw Whole Wheat Roll Sliced Apples  (Egg Salad on Wheat)</p>
<p>28) Kale &amp; Bean Soup Rosemary Chicken Leg Quarter Peas &amp; Carrots Mashed Potato Marble Bread Sliced Fruit (Chicken Sandwich/Wheat)</p>	<p>29) Onion Soup &amp; Croutons Dynamite 3-Bean Salad Whole Wheat Roll Brownie  (Sliced Turkey on Rye)</p>	<p>30) Beef Stew Couscous with Black Bean Salad Fruit Salad Biscuit Cookie  (Seafood Salad on Roll)</p>	<p>31) Chicken Escarole Soup Baked Ham Sweet Potato Green Beans &amp; Carrots Whole Wheat Roll Pudding (Ham &amp; Cheese on Rye)</p>	<p><b>SERVING SIZES:</b> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>