

Menu

May 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>2) Vanilla Yogurt Scrambled Eggs Bacon & Sausage Home Fries Banana Bread</p> <p>(Ham, Egg & Cheese on Bagel)</p>	<p>3) Kale & Bean Soup Tossed Salad Baked Rigatoni with Meatballs & Sausage Garlic Bread Fruit</p> <p>(Chicken Salad on Wheat)</p>	<p>4) Greek Cucumber Salad Sloppy Joe Whole Wheat Roll Roasted Vegetable Salad Cookie</p> <p>(Egg Salad on Wheat)</p>	<p>5) Mother's Day Italian Wedding Soup Stuffed Breast of Chicken with Gravy Delmonico Potatoes Roasted Green Beans & Carrots Cupcake</p>	<p>6) Tomato Soup Beef Casserole over Cheesy Buttered Pasta Mixed Vegetable Roll Sliced Pears</p> <p>(Seafood Salad on Wheat)</p>
<p>9) Fruit Cup Marinated Grilled Chicken Rice Pilaf Green Beans Roll Cookie</p> <p>(Egg Salad on Rye)</p>	<p>10) Black Bean & Couscous Salad Meatball Sandwich Roasted Zucchini & Carrot Apple Slices Multigrain Roll</p> <p>(Chicken Salad on Wheat)</p>	<p>11) Chicken Soup Chicken Scallopini Garlic Mashed Potatoes Sliced Carrots Wheat Roll Cupcake</p> <p>(Turkey on Rye)</p>	<p>12) Tomato Soup Ground Beef Patty with Mushroom & Onion Gravy Peas & Carrots Roll Sliced Peaches</p> <p>(Ham & Cheese on Wheat)</p>	<p>13) Caesar Salad American Chop Suey Roasted Zucchini Garlic Bread Cookie</p> <p>(Salami, Ham & Cheese on Roll)</p>
<p>16) Chopped Salad Pub Burger with Cheese Cole Slaw Whole Wheat Roll Cookie</p> <p>(Ham & Swiss on Wheat)</p>	<p>17) Navy Bean Soup Chicken Vesuvio with Potato, Mushrooms & Peas Whole Wheat Roll Pudding</p> <p>(Corned Beef on Rye)</p>	<p>18) Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots Multigrain Bread Sliced Fruit</p> <p>(Salami & Cheese on Wheat)</p>	<p>19) Chicken Soup Pork Roast with Gravy Sweet Potato Rye Bread Yellow Cake</p> <p>(Turkey on Multigrain)</p>	<p>20) Greek Salad Sausage & Pepper Sandwich on Wheat Italian Green Beans Sliced Pears</p> <p>(Seafood Salad on Wheat)</p>
<p>23) Vegetable Soup Breaded Chicken with Gravy Sweet Potatoes Wax Beans Multigrain Roll Pudding</p> <p>(Egg salad on Multigrain)</p>	<p>24) Lentil Soup Eggplant Bolognese Rice Pilaf Roasted Carrot & Zucchini Fruit</p> <p>(Turkey on Multigrain)</p>	<p>25) Greek Cucumber Salad Chicken Cacciatore Smashed Potatoes Garlic Bread Fruit</p> <p>(Chicken Sandwich on Roll)</p>	<p>26) Minestrone Soup Pot Roast with Gravy Mashed Potato Mixed Vegetables Cookie</p> <p>(Corned Beef on Rye)</p>	<p>27) Black Bean & Couscous Salad Onion Baked Chicken Roasted Potatoes Mixed Vegetables Garlic Bread Pudding (Seafood Salad on Multigrain)</p>
<p>30) Memorial Day Senior Center Closed</p> 	<p>31) Onion Soup with Croutons Balsamic Pork Loin Roasted Smashed Potato Roasted Green Beans & Carrots Whole Wheat Roll Cake (Turkey on Wheat Wrap)</p>		<p><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing your order.</u></p>	<p>SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>