

# Menu

## June 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) ) Barley Soup Sausage &amp; Pepper Sandwich Roasted Potato Salad Roll Cookie</p> <p>(Chicken on Wheat)</p>	<p>2) Orzo Pasta Salad Marinated Grilled Chicken Sweet Potato Cole Slaw Rye Bread Fruit</p> <p>(Turkey on Rye)</p>	<p>3) Asian Noodle Salad Potato Crusted Fish Creamed Spinach Rice Pilaf Sliced Pears</p> <p>(Seafood Salad on Wheat )</p>
<p>6) Chicken Soup Meatball Sandwich Roasted Zucchini &amp; Carrot Roll Apple Slices</p> <p>(Egg Salad on Wheat)</p>	<p>7) Roasted Chickpea Salad American Chop Suey Wax Beans Garlic Bread Oatmeal Cookie</p> <p>(Salami, Ham &amp; Cheese on Wheat)</p>	<p>8) Vegetable Soup Chicken Scallopini Mashed Garlic Potatoes Sliced Carrots Roll Fruit</p> <p>(Turkey on Rye)</p>	<p>9) Tomato Soup Ground Beef Patty with Mushroom and Onion Gravy Peas &amp; Carrots Roll Sliced Peaches</p> <p>(Ham &amp; Cheese on Wheat)</p>	<p>10)</p> <p><b>NO LUNCH!</b></p> 
<p>13) Chopped Salad Pub Burger with Cheese Cole Slaw Roll Cookie</p> <p>(Ham &amp; Swiss on Wheat)</p>	<p>14) Navy Bean Soup Chicken Vesuvio with Potato, Peas &amp; Mushrooms Roll Pudding</p> <p>(Egg salad on Rye)</p>	<p>15) Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots Multi Grain Bread Sliced Fruit</p> <p>(Salami &amp; Cheese on Roll)</p>	<p>16) Chicken Soup Smoked Pork Loin Roast Sweet Potato Mixed Vegetables Roll Cake</p> <p>(Turkey on Grain)</p>	<p>17) Greek Salad Herb Roasted Chicken Italian Green Beans Roll Sliced Pears</p> <p>(Seafood Salad on Wheat)</p>
<p>20) Vegetable Soup Breaded Chicken with Gravy Sweet Potatoes Wax Beans Roll Pudding</p> <p>(Egg Salad on Grain)</p>	<p>21) Lentil Soup Eggplant Bolognese Rice Pilaf Roasted Carrot &amp; Zucchini Fruit</p> <p>(Turkey on Grain)</p>	<p>22) Greek Cucumber Salad Chicken Cacciatore Roasted Potato Salad Garlic Bread Cupcake</p> <p>(Chicken on Wheat)</p>	<p>23) Minestrone Soup Pot Roast with Gravy Mixed Vegetables Mashed Potatoes Roll Oatmeal Cookie</p> <p>(Corned Beef on Rye)</p>	<p>24) Caprese Pasta Salad French Onion Baked Chicken Roasted Potatoes Green Beans Garlic Bread Pudding</p> <p>(Seafood Salad on Grain)</p>
<p>27) Mediterranean Salad Sloppy Joe Roasted Vegetable Salad Roll Fruit</p> <p>(Egg Salad on Wheat)</p>	<p>28) Tomato Salad Chicken Marsala Rice Pilaf Mixed Corn Vegetable Fruit</p> <p>(Ham Salad on Grain)</p>	<p>29) Tomato Soup Sauteed Beef with Mushrooms Mashed Potato Baby Carrots Roll Cookie</p> <p>(Chicken Salad on Wheat)</p>	<p>30) Onion Soup with Croutons Balsamic Pork Tenderloin Roasted Green Beans &amp; Carrots Roll Cake</p> <p>(Turkey on Wheat)</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>