

WESTERLY SENIOR CITIZENS MENU

Westerly Senior Citizens Center Menu		March		FOR RESERVATIONS CALL (401) 596-7216	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1					
				Tomato soup Beer battered fish Rice pilaf Green beans Sliced ww bread Pineapple chunks Roast beef on roll	
4	5	6	7	8	
Vegetable soup Chicken cordon bleu/gravy Rice Florentine Sauteed vegetable Multi grain roll Pudding Seafood salad on wheat	Chicken escarole Soup Top sirloin roast Roasted potatoes Zucchini w/tomatoes ww roll Jello Chef salad	Vegetable lentil soup Roasted chicken thighs Green beans ww roll Sliced pears Turkey & Swiss cheese	Kale & bean soup Meatloaf w/ gravy Mashed potatoes Mixed vegetables - roll Cake Chicken salad plate	Roasted cauliflower soup Potato crusted fish Rice pilaf Peas & carrots ww roll Fresh fruit Tuna salad plate	
11	12	13	14	15	
Chicken soup Lasagna roll up/meat sauce Sauteed Italian vegetables Garlic bread Tropical fruit Egg salad sandwich	Navy bean soup/vegetables Chicken francese Green beans/stewed tomatoes Spanish rice Lorna doone cookie Seafood salad sandwich	Vegetable barley soup American chop suey Roasted yellow squash ww roll Sliced peaches Spinach salad w/chicken	Irish potato soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Brownie	Clam chowder (red) Baked fish Cole slaw Rice pilaf Ww roll Pudding Tuna salad plate	
18	19	20	21	22	
Minestrone soup Baked chicken topped w/Eggplant Bolognese Roasted potato/roll Chocolate cookie Roast beef on roll	Vegetable barley soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Ww roll - pudding Chicken salad on rye	Chicken & rice soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Ww roll Watermelon Greek salad w/ chicken	Escarole & bean soup Veal & pepper Sandwich Marinated vegetable salad Whole Wheat Roll Fresh fruit Tuna sandwich	French onion soup Fish filet sandwich Cole slaw Potato wedges ww roll Oatmeal cookie Chef salad	
25	26	27	28	29	
Chicken soup Shepherds pie Mashed potatoes Ww roll Pudding Turkey sandwich ww roll	Turkey soup/vegetables Meatball sandwich 3- bean salad Roll Cake Cobb salad	Tomato soup Crustless chicken pot pie Mashed potatoes ww roll Fig newton Corned beef on rye	Vegetable Lentil Soup Balsamic pork tenderloin Sweet mashed potatoes Mixed vegetables ww roll – Rice pie Ham & Swiss cheese	Center Closed Good Friday	