

Westerly Senior Citizens Center Menu	JANUARY 2019				FOR RESERVATIONS CALL(401) 596-7216
Monday	Tuesday	Wednesday	Thursday	Friday	
Our meals are catered by Encore Catering of Warwick. Call Westbay CAP at 732-4666 X 142 with any questions and comments.	CENTER 1 CLOSED FOR NEW YEAR'S DAY	Navy Bean Soup 2 BBQ Pulled Chicken Sandwich on Wheat Cole Slaw Green Beans Dessert OR Egg Salad on Wheat	Minestrone Soup 3 Meatloaf w/ Gravy Mashed Potatoes Wax Beans Dessert OR Chicken Salad on Wheat Roll	Lentil Soup 4 Chicken Marsala Mashed Cauliflower Sliced Carrots Dessert OR Roast Beef on Bulkie	
Split Pea Soup 7 Shepherd's Pie Mashed Potato Whole Grain Biscuit Dessert OR BLT on Wheat	Escarole & Bean Soup 8 Pepper Steak Mashed Sweet Potato Cauliflower Dessert OR Greek Salad w/ Chicken	Chicken Soup 9 Pork Chop Suey Rice Pilaf Eggroll Dessert OR Cheeseburger on Wheat	Fresh Fruit 10 Chicken Stew w/ Potatoes and Veggies Tossed Salad Wheat Roll Dessert OR Ham Club on Wheat	Vegetable Noodle 11 Tomato Mac & Cheese w/Whole Wheat Pasta Roasted Zucchini Breadstick Dessert OR Chicken Sandwich on Wheat Roll	
Minestrone Soup 14 Chicken w/ Brown Gravy & Veggies Mashed Potatoes Peas Dessert OR Seafood Salad on Wheat	Barley & Lentil Soup 15 Pork Chop w/Sauce Parsley Potato Spinach Dessert OR Chef Salad	Fresh Fruit 16 Wh. Bean Turkey Chili Tossed Salad Whole Grain Cornbread Dessert OR Pastrami Reuben on Rye	Cream of Broccoli 17 Soup Roasted Turkey w/ Gravy Stuffing Peas & Carrots Dessert OR Sausage Sandwich	White Bean Soup 18 Ground Beef Tacos w/ Lettuce & Sour Cream w/ Wheat Tortilla Rice Mixed Vegetables Dessert	
CENTER 21 CLOSED FOR MARTIN LUTHER KING DAY	Tomato Soup 22 Cheese Lasagna Brussel Sprouts Italian Bread Dessert OR Tuna Salad on Wheat Roll	Pasta Fagioli 23 Seasoned Chicken Drumsticks Roasted Potato Broccoli Whole Wheat Roll Dessert OR Cobb Salad	Vegetable Stew 24 Liver & Onions Mashed Potatoes Green Beans Dessert OR Italian Grinder	Lentil & Barley Soup 25 Monte Cristo Sand. On Wheat Cucumber Salad Baked Chips Dessert OR Turkey Club on Wheat	
Cream of Mushroom 28 Soup Beef and Broccoli Garlic Noodles Tomato Salad Dessert OR Ham & Swiss on Wheat	Vegetable & Bean 29 Soup Chicken & Sausage w/ Sauce Roasted Potato Baby Carrots Dessert OR Seafood Salad Plate	Kale & Bean Soup 30 Fish Bake w/ Red Sauce Creamed Spinach Whole Wheat Roll Dessert OR Corned Beef & Cheese on Wheat	Italian Wedding 31 Soup Italian Beef Sandwich on Wheat Potato Wedges Peas & Carrots Dessert OR Chicken Caesar Salad	Suggested donation is \$3.00 per meal Please reserve meals by Thursday for the next week.	