

WESTERLY SENIOR CITIZENS

**Westerly Senior Citizens
Center Menu**

July

**FOR RESERVATIONS
CALL (401) 596-7216**

<u>MONDAY</u>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken soup Baked chicken topped w/ Eggplant Bolognese Roasted potato Garlic bread Cookie Roast beef on roll	Greek cucumber salad Potato crusted fish Green beans Rice pilaf Ww roll Sliced peaches Ham & cheese on wheat	Tossed salad Pub burger w/cheese Pasta Salad Charred Broccoli Ww roll Strawberry short cake Turkey sandwich on roll		Tomato soup Sloppy Joe Cole Slaw Potato Wedges Ww roll Melon Egg Salad Plate
8	9	10	11	12
Navy bean vegetable soup Chicken marsala Parmesan rice Mixed vegetables Ww roll Tropical fruit Spinach salad w/ chicken	Mushroom Barley Soup Sausage & pepper sandwich Chips Roasted zucchini Ww roll Pudding Greek salad w/ chicken	Tomato soup Lemon butter pork chop Roasted potatoes Mixed vegetables Ww roll Sliced pears Seafood Salad Sandwich	Vegetable soup Chicken cordon bleu Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	Fresh fruit cup Baked pasta w/meatballs Sausage & cheese Roasted Vegetables Roll Jello Tuna salad sandwich
15	16	17	18	19
Minestrone soup Meatball sandwich 3- bean salad Potato Wedges Ww roll Pineapple chunks Cobb Salad	Tossed salad Swedish meatballs Mashed potatoes Buttered corn Ww roll Fresh fruit Roast beef sandwich on roll	Clam chowder (red) Fish sandwich Cole slaw Orzo salad Roll - cake Seafood salad plate	Chicken soup Pot roast Mashed potatoes Peas & carrots Ww roll Sliced peaches Cobb salad	Cream of Broccoli Soup Lasagna roll up/Meatsauce Roasted vegetables Ww roll Pudding Tuna salad plate
22	23	24	25	26
Kale bean & sausage soup Shepards pie Mashed potato Ww roll Chocolate cookie Egg salad sandwich	Tomato soup Marry Me Chicken Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad	Vegetable summer salad Beef tips w/mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat	Lentil soup w/ vegetables Sliced turkey Stuffing Mixed squash Ww roll Brownie Seafood salad plate	Tossed salad Chicken parm Steamed broccoli Spanish rice Ww roll Strawberry short cake Chef salad
29	30	31		
Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on roll	Vegetable soup Pork Chop Italiano Roasted vegetables Parmesan rice Tropical fruit Ww roll Spinach salad w/ chicken	Tossed salad Pork roast Sweet potato Mixed vegetables roll Oatmeal cookie Turkey sandwich		