

WESTERLY SENIOR CITIZENS CENTER

Westerly Senior Citizens Center Menu	<h1 style="margin:0;">October</h1>	FOR RESERVATIONS CALL (401) 596-7216
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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7	1	2	3	4
	<p align="center"> Cream of broccoli soup Chicken cacciatore Roasted potato Green beans Ww Roll Cookie Ham & cheese on rye </p>	<p align="center"> Lentil soup w/ vegetables Pasta allanorma w/eggplant, Ground beef Mixed vegetables Ww Roll Fresh fruit Tossed salad w/ chicken </p>	<p align="center"> Lemony chicken orzo soup Roasted pork loin Sweet potatoes Buttered corn Ww roll Cookie Turkey breast on rye </p>	<p align="center"> Mushroom barley soup Sloppy joe Rice pilaf 3 – bean salad Ww roll Sliced peaches Chicken salad plate </p>
14	8	9	10	11
<p align="center"> Escarole & bean soup Meatball sandwich Pasta salad Ww Roll Cake Turkey Sandwich on rye </p>	<p align="center"> Minestrone soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced pears Tossed salad w/ chicken </p>	<p align="center"> Chicken soup French onion baked chicken Rice pilaf Italian vegetables Ww Roll Cookie Seafood Salad Plate </p>	<p align="center"> Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich </p>	<p align="center"> Beef lentil soup Sausage & pepper sandwich Cole slaw Ww roll Mixed fruit Egg salad sandwich </p>
21	15	16	17	18
<p align="center"> Center Closed  </p>	<p align="center"> Tomato soup Chicken Vesuvio Potato mushroom & peas Ww roll Mixed fruit Corned beef reuben </p>	<p align="center"> Navy bean soup Pork roast w/ gravy Roasted potatoes Green beans Ww Roll cake Seafood salad plate </p>	<p align="center"> Vegetable soup Open turkey sandwich/gravy Stuffing Roasted vegetables Ww roll Sliced peaches Chicken salad plate </p>	<p align="center"> Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat </p>
28	22	23	24	25
<p align="center"> Meatball soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Roast beef sandwich/wheat </p>	<p align="center"> Creamy chicken potato soup Swedish meatballs Mashed potato Mixed vegetables Roll Sliced peaches Chef salad </p>	<p align="center"> Tuscan white bean soup Baked pasta w/ ground beef, Florentine Zucchini w/carrots Ww roll Lorna doone cookie Corned beef on rye </p>	<p align="center"> Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tropical fruit Tuna salad sandwich </p>	<p align="center"> Escarole bean/sausage soup Chicken fajita Spanish rice Sour cream Roll Chocolate chip cookie Waldorf salad w/chicken </p>
31	29	30	31	
<p align="center"> Chicken escarole soup Stuffed shell w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll </p>	<p align="center"> Roasted Cauliflower soup Pork chop Italiano Rice pilaf Corn & carrots Ww roll Cake Cobb salad </p>	<p align="center"> Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Cookie Egg salad sandwich </p>	<p align="center"> Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed salad w/ chicken </p>	<p align="center"> All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging </p>