

WESTERLY SENIOR CITIZENS CENTER

**Westerly Senior Citizens
Center Menu**

September

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2	3	4	5	6
CLOSED LABOR DAY	Tomato soup Pineapple chicken Rice pilaf Mixed beans Roll Brownie Ham & cheese on rye	Chicken soup Lasagna roll up w/meat sauce Roasted zucchini w/ eggplant Garlic bread Fresh fruit Tossed salad w/chicken	Tossed salad Roasted chicken thigh Potato wedges Buttered corn Ww roll Pudding Corned beef on rye	Mushroom barley soup Moroccan meatballs Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate
9	10	11	12	13
Escarole & bean soup Ground beef stir fry Steamed rice Mixed vegetables Roll Carrot cake Turkey Sandwich on rye	Minestrone soup Chicken pot pie Mashed potato Mixed vegetables Biscuit Fresh fruit Spinach salad w/chicken	Greek cucumber salad Chicken parm Roasted potatoes Italian vegetables Roll Sliced pears Seafood Salad Sandwich	Lentil soup w/vegetables Chuck roast w/gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	Cream of broccoli soup Baked fish Cole slaw Spanish rice Ww roll Mixed fruit Egg salad sandwich
16	17	18	19	20
Chicken soup Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Cobb salad	Cream cauliflower soup Meatball sandwich 3 bean salad Roasted potatoes Ww roll Fresh fruit Roast beef on roll	Lentil vegetable soup Pork loin w/ gravy Rice pilaf w/ mushrooms Green beans Ww Roll cake Seafood salad plate	Vegetable soup Baked ham w/gravy Mashed potatoes Peas & carrots Ww roll Sliced peaches Chicken salad sandwich	Tossed salad Sloppy joe Cole slaw Roasted sliced potatoes Ww roll Tropical fruit Ham & cheese on wheat
23	24	25	26	27
Tuscan white bean soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Turkey on wheat	Tomato soup Shepards pie Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	Fruit cup Tossed salad Beef stew Ww roll Lorna Doone cookie Rueben on rye	Chicken & rice soup Veal patty w/ gravy Sweet potatoes Roasted zucchini Ww roll Brownie Tuna salad sandwich	Vegetable soup Baked chicken/ Eggplant Bolognese Roasted potatoes Green beans w/stewed tomato Roll Chocolate chip cookie Seafood Salad Sandwich
30				
Chicken escarole soup Pub burger w/cheese Roasted sliced potatoes Pasta salad Ww roll Sliced peaches Roast beef on roll				