




WESTERLY SENIOR CITIZENS MENU

Westerly Senior Citizens Center Menu		April		FOR RESERVATIONS CALL (401) 596-7216	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
Mushroom barley soup Chicken parm Italian veg. mix Roasted sweet/white potato Ww roll / Pudding	Lentil soup/vegetables Sausage/pepper sandwich Green beans Herb red potato salad Ww roll Fresh fruit	Vegetable soup Beef w/broccoli/mushrooms Parmesan rice Roasted zucchini/carrots Ww roll Cake	Chicken escarole soup Slow roasted BBQ pork Cole slaw Pasta salad Ww roll Watermelon	Tomato soup Beer battered fish Spanish rice Broccoli florets Sliced ww bread Pineapple chunks	
Roast beef w/ Swiss	Chef salad	Spinach salad w/ chicken	Seafood salad sandwich	Turkey sandwich on roll	
8	9	10	11	12	
Chicken & rice soup Chicken alfredo Florentine rice Sautéed vegetable Multi grain roll Pudding	Cream of broccoli soup Sweet & sour meatballs Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll	Vegetable lentil soup Greek roasted chicken thighs Green beans Sweet potatoes Ww roll Sliced pears	Kale/bean./sausage soup Pot roast w/gravy Mashed potatoes Mixed vegetables Ww roll Cake	Roasted cauliflower soup Shepards pie Mashed potatoes Ww roll Oatmeal cookie Tropical fruit	
Ham & cheese on wheat	Greek salad w/ chicken	Turkey & Swiss cheese	Chicken salad plate	Tuna salad sandwich	
15	16	17	18	19	
Navy bean vegetable soup Sloppy joe Sautéed Italian vegetables Pasta salad Ww roll Fig newton	Chicken escarole soup Chicken cacciatore Roasted potatoes Ww roll Lorna doone cookie	Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches Ww roll	Tomato soup Open turkey sandwich Stuffing Cole slaw Ww bread Brownie	Clam chowder (red) Meatball/pepper sandwich 3 – bean salad Chips Cantaloupe Ww roll	
Egg salad sandwich	Spinach salad w/ chicken	Ham & cheese sandwich	Italian grinder	Tuna salad plate	
22	23	24	25	26	
Minestrone soup Stuffed shell w/meatball Cucumber salad Sliced roasted potatoes Ww roll Chocolate cookie	Vegetable barley soup Fried chicken Sweet potatoes Cole slaw Ww roll Fresh fruit	Chicken cavatelli soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Ww roll Cake	Escarole & bean soup Salisbury steak w/gravy Rice pilaf Green beans w/ carrots Whole Wheat Roll Pudding	French onion soup Chicken marsala Florentine rice Mixed vegetables Ww roll Tropical fruit	
Egg salad sandwich	Reuben on rye	Greek salad w/ chicken	Tuna sandwich	Chicken salad sandwich	
29	30				
Tomato soup Chicken thigh w/ gravy Mashed potatoes Zucchini Tomatoes carrots Ww roll- cookie	Turkey soup / vegetables Roasted pork loin w/gravy Mixed vegetables Greek lemon potatoes Cake				
Turkey on ww roll	Cobb salad				