

WESTERLY SENIOR CITIZENS MENU

January 2023

Westerly Senior Citizens  
Center Menu

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FOR RESERVATIONS  
CALL(401) 596-7216

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Happy New Year</b></p>	<p><b>3</b></p> <p>Vegetable Soup Tossed Salad <b>Chicken n Gravy / Biscuit</b> Mixed Vegetables Fresh Fruit</p> <p>Seafood Salad / Wheat Roll</p>	<p><b>4</b></p> <p>Chicken Noodle soup <b>Pepper Steak</b> Mashed Potato Roasted Zucchini/Carrots Italian Bread Chocolate Chip Cookie</p> <p>Chef Salad</p>	<p><b>5</b></p> <p>Tomato Soup <b>Salisbury Steak/Gravy</b> Roasted Sweet Potato Green Beans Snowflake Roll/Sliced Pears</p> <p>Turkey/Multi Grain Bread</p>	<p><b>6</b></p> <p>Mediterranean Rice Salad <b>Fish Stew</b> WW Roll Fruit</p> <p>Roast Beef Sandwich</p>
<p><b>9</b></p> <p>Minestrone Soup <b>Meatball Sandwich</b> Orzo Pasta Salad Fresh Fruit Multigrain Roll</p> <p>Chicken Salad Sandwich</p>	<p><b>10</b></p> <p>Tomato Soup <b>French Onion Chicken</b> Roasted Potatoes Sliced Carrots/Garlic Bread Pudding</p> <p>Salami, Ham &amp; Cheese</p>	<p><b>11</b></p> <p>Mushroom Barley Soup <b>Shepherd's Pie</b> Mashed Garlic Potatoes Sliced Pears Whole Wheat Roll</p> <p>Chicken Ceasar Salad</p>	<p><b>12</b></p> <p>Lentil Soup <b>Creamy Pork Chop</b> Sweet Potato Mixed Vegetables WW Roll/Cookie</p> <p>Tuna Salad Plate</p>	<p><b>13</b></p> <p>Cream of Broccoli Soup <b>Chicken Cacciatore</b> Green Beans Baked Potato Roll / Fruit</p> <p>Cobb Salad</p>
<p><b>16</b></p> <p><b>Martin Luther King</b></p>	<p><b>17</b></p> <p>Navy Bean Soup <b>Sausage &amp; Pepper Sandwich</b> Zucchini and Carrots WW Roll Pudding</p> <p>Chicken Salad on Rye</p>	<p><b>18</b></p> <p>Cream of Mushroom <b>Sloppy Joe</b> Cole Slaw Pasta Salad WW Roll / Cookie</p> <p>Turkey &amp; Swiss on WW</p>	<p><b>19</b></p> <p>Chicken Soup <b>Pork Roast w/Gravy</b> Mashed Potato Mixed Vegetables Mixed Fruit / Roll</p> <p>Spinach Salad w/Chicken</p>	<p><b>20</b></p> <p>Kale &amp; Bean Soup <b>Chicken Parmagiana</b> Roasted Italian Vegetables Garlic Bread WW Fruit Salad</p> <p>Tuna Salad on WW</p>
<p><b>23</b></p> <p>Chicken Soup / Tossed Salad <b>Baked Rigatoni</b> <b>Sausage/Meatballs</b> Garlic Bread Fruit Cup</p> <p>Ham /Cheese/Multi Grain</p>	<p><b>24</b></p> <p>Lentil Soup <b>Chicken Thigh/Gravy</b> Fingerling Potato Green Beans Multi Grain Roll/Pudding</p> <p>Egg Salad on Multi Grain</p>	<p><b>25</b></p> <p>Tomato Soup <b>Swedish Meatballs</b> Mashed Potatoes Sliced Carrots Fresh Fruit/ Bread</p> <p>Seafood Salad Plate</p>	<p><b>26</b></p> <p>Minestrone Soup <b>Open Turkey Sandwich</b> Stuffing Cole Slaw / Sliced Bread Oatmeal Cookie</p> <p>Corned Beef on Rye Bread</p>	<p><b>27</b></p> <p>Fruit Cup Tossed Salad <b>Beef Stew</b> Biscuit Short Bread Cookie</p> <p>Chef Salad</p>
<p><b>30</b></p> <p>Beef Vegetable Soup <b>Chicken Scarpariello</b> <b>Sausage &amp; Potatoes</b> Mixed Vegetables Fruit / WW Roll</p> <p>Chicken Sandwich/Roll</p>	<p><b>31</b></p> <p>Greek Cucumber Salad <b>Sauteed Beef</b> <b>Mushroom Gravy</b> Mashed Potato Sauteed Spinach Cake / Roll</p> <p>Sliced Turkey on Rye</p>		 <p>Friends are the greatest gift.</p>	