

WESTERLY SENIOR CITIZENS MENU

Westerly Senior Citizens Center Menu	<h1>JANUARY 2022</h1>	FOR RESERVATIONS CALL(401) 596-7216
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Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Noodle Soup Meatball & Pepper Sand. Roasted Potatoes 3 Bean Salad WW Roll Dessert OR Egg Salad on Wheat Bread	4 Vegetable Soup Roasted Chicken Leg 1/4 Peas & Carrots Sweet Potatoes Multi Grain Roll Dessert OR Chicken Salad on Wheat Roll	5 Mushroom Barley Soup Liver & Onions w/ Bacon Roasted Zucchini & Carrot Dessert Multi Grain Roll OR Tuna on Rye Bread	6 Tomato Soup Chicken Marsala Mashed Potatoes Green Beans Snowflake Roll Dessert OR Turkey on Multi Grain Bread	7 Kale & Bean Soup Baked Fish Rice Pilaf (Brown Rice) Steamed Broccoli Dessert OR Ham & Swiss on Wheat Roll
10 Minestrone Soup Veal & Pepper Sandwich Steamed Peas Whole Wheat Roll Dessert OR Chicken Salad on Wheat Roll	11 Tomato Soup Beef Casserole Over Cheesy Buttered Noodles Sliced Carrots Garlic Bread Dessert OR Salami, Ham & Cheese on Wheat Roll	12 Escarole & Bean Soup Swedish Meatballs Mashed Potatoes Buttered Corn Dessert Wheat Roll OR Turkey On Rye Bread	13 Lentil Soup Chicken Parmesan Seasoned Cauliflower w/ Broccoli Roasted Potato Italian Bread Dessert OR Seafood Salad on Rye Bread	14 Chicken Soup Sloppy Joe Cole Slaw Potato Wedges Multi Grain Roll Dessert OR Egg Salad on Wheat Bread
17 Mealsite Closed For Martin Luther King, Jr. Day	18 Navy Bean Soup Sausage & Pepper Sandwich Cauliflower, Broccoli, & Carrots Wheat Roll Dessert OR Tuna Salad on Rye	19 Chicken Soup Shepherd's Pie Mashed Potatoes Mixed Vegetables WW Biscuit Dessert OR Salami & Cheese On Wheat Roll	20 Cream of Mushroom Soup French Onion Baked Chicken Mixed Vegetables Sweet Potatoes Sliced Bread Dessert OR Ham Salad on What Roll	21 Red Clam Chowder Baked Fish w/ Lemon Butter Rice Pilaf Broccoli Florets Dessert OR Turkey on Whole Wheat Bread
24 Chicken Noodle Soup Baked Ziti w/ Meatballs & Sausage & Cheese Waxed Beans Garlic Bread Dessert OR Ham & Cheese on Rye	25 Lentil Soup Chicken Cacciatore Fingerling Potatoes Green Beans Multi-Grain Roll Dessert OR Egg Salad on Wheat Roll	26 Tomato Soup Chicken Fajita w/ Peppers & Onions Spanish Rice (Brown Rice) Dessert OR Seafood Salad on Wheat Roll	27 Pasta & Bean Soup Pot Roast w/ Gravy Roasted Potato Zucchini Whole Grain Wheat Roll Dessert OR Turkey & Provolone on Whole Wheat Bread	28 Vegetable Soup BBQ Pork Sandwich Cole Slaw Whole Wheat Roll Dessert OR Chicken Salad on Whole Wheat
31 Minestrone Soup Pub Burger w/ Cheese On Whole Wheat Roll Mixed Vegetables Dessert OR Turkey & Swiss on Whole Wheat				