

# WESTERLY SENIOR CITIZENS MENU

Westerly Senior Citizens  
Center Menu

## JULY 2022

FOR RESERVATIONS  
CALL(401) 596-7216

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Chili <b>BBQ Style Riblet</b> Cole Slaw/Pasta Salad Role Dessert</p> <p>Seafood Salad/ W Roll</p>
<p>4</p> <p><b>CENTER CLOSED</b></p> <p><b>HAPPY BIRTHDAY AMERICA</b></p>	<p>5</p> <p>Tomato Soup <b>Sausage &amp; Pepper</b> Potatoes Garlic Bread Oatmeal Cookie</p> <p>Greek Salad w/Chicken</p>	<p>6</p> <p>Greek Tomato Salad <b>Sloppy Joe</b> Roasted Potatoes WW Roll, Fruit</p> <p>Turkey Club</p>	<p>7</p> <p>Chicken Soup <b>Stuffed Pork Chop</b> Sweet Potato Mixed Vegetables Roll / Cake</p> <p>Ham &amp; Cheese on WW</p>	<p>8</p> <p>Red Clam Chowder <b>Pub Cheese Burger</b> Lettuce &amp; Tomato Whole Wheat Roll Fruit</p> <p>Spinach Salad</p>
<p>11</p> <p>Navy Bean Soup <b>Meatball Sandwich</b> Green Beans Roll Pudding</p> <p>Cobb Salad</p>	<p>12</p> <p>Tossed Garden Salad <b>Beef Stew</b> Mixed Fruit Multi Grain Roll Cookie</p> <p>Italian Grinder</p>	<p>13</p> <p>Cranberry Spinach Salad <b>Baked Pasta</b> Sausage &amp; Meatballs Roasted Zucchini Garlic Bread &amp; Fruit</p> <p>Chicken Sandwich</p>	<p>14</p> <p>Chicken Soup <b>Meatloaf</b> Sweet Potato Roll Brownie</p> <p>Turkey Club</p>	<p>15</p> <p>Greek Cumber Salad <b>Herb Roasted Chicken</b> Wheat Roll Italian Green Beans Sliced Pears</p> <p>Seafood Salad / WW</p>
<p>18</p> <p>Escarole &amp; Bean Soup <b>Chicken Pot Pie</b> Mashed Potato Multi Grain Roll Fruit</p> <p>Sausage Sandwich</p>	<p>19</p> <p>Caprese Pasta Salad <b>Beef Cacciatore</b> Rice Pilaf Mixed Vegetable Cake</p> <p>Turkey Wrap</p>	<p>20</p> <p>Greek Cucumber salad <b>Pork Roast W/Gravy</b> Sliced Carrots Potato Roll Fruit</p> <p>Chicken on W Wheat roll</p>	<p>21</p> <p>Minestrone Soup <b>Sausage &amp; Pepper Sandwich</b> Potato Salad Roll Oatmeal Cookie</p> <p>Corned Beef on Rye</p>	<p>22</p> <p>Chicken Soup <b>Stuffed Shells</b> Green Beans Italian Bread Pudding</p> <p>Seafood Salad/Multi Grain</p>
<p>25</p> <p>Asian Noodle Salad <b>Hot Dog w/Roll</b> Baked Beans Roasted Vegetable Salad Fruit</p> <p>Ham &amp; Cheese Club</p>	<p>26</p> <p>Lentil Soup/Tossed Salad <b>Lasagna Roll Up</b> With Meat Sauce Garlic Bread Fruit</p> <p>Hamburger Patty w/Roll</p>	<p>27</p> <p>Tomato Soup <b>Sauteed Beef W/ Mushrooms</b> Mashed Potato Baby Carrots Roll, Cookie</p> <p>Chicken Salad on WW</p>	<p>28</p> <p>Summer Chickpea Salad <b>Open Turkey Sandwich</b> Stuffing Sweet Corn Fruit</p> <p>Chef Salad</p>	<p>29</p> <p>Chicken Soup <b>Braised Pork</b> Steamed Rice Roasted Vegetables Brownie</p> <p>Tuna Salad Plate</p>