

Westerly Senior Citizens
Center Menu

March 2023

FOR RESERVATIONS
CALL(401) 596-7216

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye	2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad chicken	3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf / Baby carrots Sliced ww bread Fruit Chef salad
6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad / chicken	7 Tomato Soup French onion baked chicken Green beans/Rice pilaf Fruit Sliced bread Salami/ham/cheese wheat roll	8 Mushroom barley soup American chop suey Zucchini/baby carrots WW roll Oatmeal raisin cookie Turkey club	9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad	10 Clam chowder (red) Baked fish Italiano sauteed vegetables Rice pilaf Sliced bread- Fruit Cobb salad
13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad	14 Navy bean soup Stuffed shell/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken on wheat roll	15 Chicken escarole soup Sloppy joe Potato salad 3- bean salad WW roll - cookie Turkey/Swiss/ww	16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham/cheese on wheat	17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate
20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll / Brownie Cobb salad	21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad / roll	22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/bread Seafood salad plate	23 Minestrone Soup Pulled pork Sandwich Cole slaw Baked beans WW Roll / Cookie Meatball sandwich	24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread / Fruit Chicken salad plate
27 Potato leek soup Chicken cacciatore Black beans & rice Fruit - WW roll Chicken on ww roll	28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad WW	29 Mushroom barley soup Lasagna roll w/meatsauce Italian green beans Garlic Bread Pound Cake Turkey & Swiss/rye	30 Chicken Soup Salisbury Steak/gravy Mashed Potatoes Baby Carrots WW roll / fruit Egg Salad Plate	31 Tomato soup Mediterranean baked fish Rice pilaf/green beans WW roll—Cookie Cobb Salad