

WESTERLY SENIOR CITIZENS MENU

**Westerly Senior Citizens
Center Menu**

May 2023

**FOR RESERVATIONS
CALL(401) 596-7216**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Fresh fruit Scrambled eggs Home fries Bacon, Sausage Muffin</p> <p>Spinach salad</p>	<p>2</p> <p>Chicken soup Chicken Francese Spanish rice Green beans Sliced bread Jello</p> <p>Turkey & Swiss on rye</p>	<p>3</p> <p>Cream of mushroom soup Sauteed beef mushroom gry Mashed sweet potatoes Multi grain bread Mixed fruit</p> <p>Cucumber salad w/ chicken</p>	<p>4</p> <p>Vegetable soup Smothered pork chop Mashed potato Peas & carrots Snowflake roll Fruit</p> <p>Chicken sandwich ww roll</p>	<p>5</p> <p>Lentil soup Open turkey sandwich Cole slaw Potato wedges Sliced ww bread Cookie</p> <p>Romaine salad w/chicken</p>
<p>8</p> <p>Pasta & bean soup Sausage & Pepper sandwich Roasted broccoli & carrots Multi grain roll Pudding</p> <p>Chef salad</p>	<p>9</p> <p>Tomato Soup Herb roasted chicken Green beans Sweet potato Fruit Sliced multi grain bread</p> <p>Salami, ham & cheese / wheat roll</p>	<p>10</p> <p>Greek cucumber salad Pork roast w/gravy Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie</p> <p>Ham & cheese club</p>	<p>11</p> <p>Chicken soup Stuffed chicken w/gravy Au gratin potatoes Baby carrots Roll Cake</p> <p>Turkey on wheat</p>	<p>12</p> <p>Cream of broccoli soup Pepper steak Green bean salad Roasted potato Sliced bread Fruit</p> <p>Egg salad sandwich</p>
<p>15</p> <p>Cottage cheese w/ fruit Sloppy joe Pasta salad 3 - bean salad Roll (whole wheat) Chocolate chip cookie</p> <p>Grilled veggie salad w/ chicken</p>	<p>16</p> <p>Escarole bean & sausage soup Honey glazed chicken breast Rice pilaf Italian mixed vegetables Mixed fruit roll</p> <p>Tuna salad plate</p>	<p>17</p> <p>Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll cookie</p> <p>Turkey & Swiss ww</p>	<p>18</p> <p>Roasted chickpea salad Meatloaf w gravy Potato wedges Mixed vegetables roll Fruit</p> <p>Spinach salad w/chicken</p>	<p>19</p> <p>Chicken & rice soup Balsamic glazed pork tender loin Roasted broccoli & carrots Rice pilaf / roll Fruit salad</p> <p>Roast beef on a ww roll</p>
<p>22</p> <p>Tomato soup Chicken alfredo Mixed vegetables Roasted sweet potatoes Ww roll - cake</p> <p>Cobb salad</p>	<p>23</p> <p>Chicken soup Teriyaki beef tips Fried rice Green beans Jello - roll</p> <p>Egg salad on multi grain roll</p>	<p>24</p> <p>Lentil soup Herb crusted pork loin Parsley potatoes Zucchini & carrots Fresh fruit Multi grain bread</p> <p>Seafood salad plate</p>	<p>25</p> <p>Minestrone Soup Baked pasta w/sausage, cheese & meatballs Roasted broccoli & cauliflower Lorna doone cookie ww bread Chicken salad sandwich</p>	<p>26</p> <p>Portuguese kale soup Meatball sandwich 3 -bean salad Tater tots Ww roll</p> <p>Ham & cheese on rye</p>
<p>29</p> <p align="center">Center Closed</p> <p align="center">Memorial Day</p>	<p>30</p> <p>Cream of broccoli soup Chicken cacciatore Roasted potato Ww roll Coffee cake</p> <p>Pasta salad w/ chicken</p>	<p>31</p> <p>Cream of chicken soup Tossed salad Stuffed manicotti w/ meat sauce Garlic bread Fruit</p> <p>Hot dog w/ roll</p>		
				