

Westerly Senior Citizens
Center Menu

DECEMBER 2018

FOR RESERVATIONS
CALL (401) 596-7216

Monday	Tuesday	Wednesday	Thursday	Friday
Hannukah Meal 3 Vegetable Soup Beef Brisket Potato Pancake Roasted Zucchini Dessert OR Chicken Salad on Wheat	Cream of Broccoli 4 Soup BBQ Chicken Thigh Macaroni Salad Spinach Dessert OR Roast Beef on Bulkie	Minestrone Soup 5 Baked Ham w/ Gravy Scalloped Potatoes Peas & Onions Dessert OR Cheeseburger on Wheat Roll	Cream of Mushroom 6 Oven Fries Chicken Parmesan Cold Pesto Pasta Wax Beans Roll Dessert OR Tuna Salad on Wheat	Roasted Caul. Soup 7 Pasta Bolognese w/ Whole Grain Pasta Tossed Salad Garlic Bread Dessert OR Chef Salad
Lentil Soup 10 Meatball & Pepper Sand. On Whole Wheat 3 Bean Salad Chips Dessert OR Ham & Swiss on Wheat	Chicken Escarole Soup 11 Mac & Cheese w/ Ham & Peas Roasted Carrots & Cauliflower Dessert OR Greek Salad w/ Chicken	Split Pea Soup 12 Sloppy Joe on Wheat Roll Brussel Sprouts Roasted Potato Dessert OR Seafood Salad on Wheat	Kale & Bean Soup 13 Eggplant Parmesan Roasted Chicken Leg Mixed Vegetables Dessert OR Meatball Grinder	Corn Chowder 14 German Sausage w/ Sauerkraut & Potatoes Green Beans Whole Wheat Roll Dessert OR Corned Beef Reuben
Tomato Soup 17 Hot Dog (LS) and Beans Cole Slaw Brown Bread Dessert OR Egg Salad on Wheat	Tossed Salad 18 Beef Stew w/ Potatoes & Vegetables Whole Grain Biscuit Dessert OR Turkey Club on Wheat	White Bean Soup 19 Chicken Fajitas w/ Sour Cream Black Bean Salad / Rice Whole Grain Tortilla Dessert OR Italian Grinder	Holiday Meal 20 Pasta Fagioli Stuffed Chicken Breast w/ Gravy Mashed Potatoes Italian Green Beans Dessert	Fresh Fruit 21 Bacon & Sausage Scrambled Eggs Home Fries Whole Grain Waffles w/ Syrup
24 CENTER CLOSED FOR CHRISTMAS EVE	25 CENTER CLOSED FOR CHRISTMAS DAY	Tortellini Soup 26 Pub Cheeseburger on Whole Wheat Roll French Fries Broccoli Dessert OR Cobb Salad	Italian Wedding Soup 27 Beef Bracciole Roasted Potato Baby Carrots Dessert OR Turkey & Swiss on Wheat Roll	100% Orange Juice 28 Scrambled Eggs Corned Beef Ham w/ Potatoes Whole Grain French Toast w/ Syrup
31 CENTER CLOSED FOR NEW YEAR'S EVE	Our meals are catered by Encore Catering of Warwick. Call Westbay CAP at 732-4666 X 142 with any questions and comments	Suggested donation is \$3.00 per meal Please reserve meals by Thursday for the next week.		