

<b>Westerly Senior Citizens Center Menu</b>	<h1 style="margin: 0;">November 2023</h1>	<b>FOR RESERVATIONS CALL (401) 596-7216</b>
---	---	---

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tomato soup <b>Roasted chicken thighs</b> Vegetable rice pilaf Sweet potatoes Cookies Ww Roll  Chicken Sandwich	2 Vegetable lentil soup <b>Maple glazed pork tenderloin</b> Roasted potato Peas & carrots Ww Roll Fruit  Spinach salad w/ chicken	3 Tossed salad <b>Baked pasta Florentine w/meat sauce</b> Roasted zucchini w/carrots Ww Roll Yellow cake  Roast beef sandwich
6 Vegetable soup <b>Chicken/sausage/peppers/potatoes</b> Rice pilaf Ww Roll Pudding  Ham & cheese on rye	7 Lentil & bean soup <b>Lasagna roll up w/meat sauce</b> Green beans Garlic bread Fruit Sliced multi grain bread  Seafood salad plate	8 Kale & bean soup <b>Chicken cutlet w/tomatoes mushrooms &amp; spinach</b> Rice pilaf Ww Roll Oatmeal raisin cookie  Turkey & Swiss cheese	9 Minestrone soup <b>Pork roast w/gravy</b> Mashed potato Baby carrots Ww Roll Cake  Chicken salad plate	10  <b>Center Closed</b>
13 Vegetable soup <b>Chicken pot pie</b> Mashed potato Cake Ww roll  Turkey sandwich	14 Beef lentil soup <b>Honey chicken &amp; broccoli</b> Rice pilaf Fruit salad Ww Roll  Corned beef on rye	15 Tossed salad <b>Pork scallopini</b> Wax & green beans Spanish rice Ww Roll Fruit  Chicken Waldorf salad plate	16 Holiday Squash soup <b>Turkey w/gravy</b> Stuffing Mashed potatoes Roasted vegetables Cranberry sauce / roll Holiday pies	17 Chicken soup <b>Sloppy Joe</b> Cole slaw Pasta salad Ww roll Cake  Roast beef sandwich
20 Escarole & bean soup <b>Swedish meatballs</b> Mashed potatoes Baby carrots Fruit  Seafood salad sandwich	21 Vegetable barley soup <b>Fajitas style chicken</b> Spanish rice Mixed vegetables Roll / Jello  Cobb salad	22 Navy bean soup <b>Veal patty mushroom gravy</b> Spinach Mashed potato Ww roll -- Fruit  Ham salad on rye	 <b>Center Closed</b>	 <b>Center Closed</b>
27 Tomato soup <b>Shepards pie</b> Mashed potatoes Ww Roll Cookies  Chicken salad	28 Chicken soup <b>Mongolian beef</b> White rice Steamed broccoli Ww roll Pudding  Tuna on wheat	29 Cream of mushroom soup <b>French onion baked chicken</b> Sweet Potatoes Greenbeans - roll Fruit  Tossed salad 2/chicken	30 Chicken & rice soup <b>Meatloaf w/gravy</b> Mashed Potatoes Corn - roll Cake  Spinach salad	