

Westerly Senior Citizens Center Menu		SEPTEMBER 2021		FOR RESERVATIONS CALL(401) 596-7216	
Monday	Tuesday	Wednesday	Thursday	Friday	
Grab 'N Go meals with be available for take-out or as the second option. They will include a side, fruit, and chips.	The suggested donation is \$3 per meal. Thank you for your donations which help maintain the meal program.	Mixed Fruit w/ Feta 1 Cheese Meatball Sandwich w/ Peppers Pasta Salad/ Veggies Dessert OR Chicken Salad on Wheat	Chicken Soup 2 Meatloaf w/ Gravy Whole Wheat Roll Mashed Potatoes Baby Carrots Dessert OR Roast Beef Sandwich	Escarole & Bean Soup 3 Baked Fish Cakes Mixed Veggies Cole Slaw Wheat Roll Dessert OR Tuna Salas on Wheat	
MEALSITE 6 CLOSED FOR LABOR DAY	Tomato Soup 7 Chicken Stir Fry Rice Pilaf Stir Fries Veggies Dessert OR Chicken Sandwich on Wheat Roll	Lentil Soup 8 Baked Ziti w/ Meat Sauce Tossed Salad Garlic Bread Dessert OR Turkey on Wheat Roll	Navy Bean Soup 9 Sauteed Beef w/ Mushrooms Sweet Potatoes Green Beans Whole Wheat Roll Dessert OR Egg Salad on Wheat	Fruit Cup 10 Chicken Leg 1/4 Mashed Potatoes Green beans & Carrots Whole Wheat Roll Dessert OR Tuna Salad on Wheat Roll	
Chicken Soup 13 Shepherd's Pie Ground Beef, Carrots, Corn, & Peas Mashed Potatoes Dessert Wheat Roll OR Seafood Salad on Wheat	Escarole & Bean Soup 14 Tossed Greek Salad Baked Macaroni & Cheese Wheat Roll Dessert OR Turkey & Swiss on Rye	Tomato & Cucumber 15 Hot Dogs Baked Beans Cole Slaw Whole Wheat Roll Dessert OR Ham Salad on Wheat Roll	Mushroom Barley 16 Soup BBQ Pulled Pork Sandwich Roll Tomato w/ Feta Cheese Dessert OR BBQ Chicken Sandwich on Wheat Roll	Clam Chowder 17 Baked Fish Provencal Rice Pilaf Broccoli Florets Dessert OR Tuna on Wheat Roll	
Chicken Escarole 20 Soup Swedish Meatballs Mashed Potatoes Mixed Veggies Wheat Roll Dessert OR Ham & Swiss Sand.	Mixed Fruit Cup 21 Sloppy Joe Broccoli Potato Wedges Wheat Roll OR Seafood Salad on Wheat Roll	Pasta & Bean Soup 22 Pork Loin Roasted Potato Sliced Carrots Wheat Roll Dessert OR Egg Salad on Wheat	Pea Soup 23 Lemon Chicken Greek Potato Salad Green Beans Wheat Roll Dessert OR Turkey & Swiss on Wheat	Tomato Soup 24 Beef Taco Tortilla Letter/Tomato Sour Cream Dessert OR Chicken Salad on Rye	
Minestrone Soup 27 Pub Burger w/ Cheese on Wheat Roll Mixed Veggies Dessert OR Turkey & Swiss on Wheat	Beef Stew 28 Tossed Salad Fresh Fruit Wheat Roll Dessert OR Ham & Swiss on Wheat	Beef Barley Soup 29 Crispy Chicken Sand. w/ Roll, L&T Cucumber & Pea Salad Dessert OR Seafood Salad on Wheat	Vegetable Soup 30 Sweet & Sour Boneless Chicken Fried Brown Rice Peas & Carrots Dessert OR Egg Salad on Wheat		