

Westerly Senior Citizens  
Center Menu**September 2023**FOR RESERVATIONS  
CALL (401) 596-7216

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Noontime Meal Reservations must be made each Thursday, before 1:00 pm for the following week. Please call the Mealsite with cancellations as soon as possible. Requests for same day meal are accepted per availability.</p>				<p>1 Tossed salad <b>Roasted chicken thighs</b> Rice pilaf Corn w/ tomatoes Cake Roll Roast beef sandwich</p>
<p>4 <b>CLOSED</b> <b>LABOR DAY</b></p>	<p>5 Greek cucumber salad <b>Beef w/ honey teriyaki glaze</b> Roasted sweet/white potatoes Green beans Fruit Sliced multi grain bread Seafood salad sandwich</p>	<p>6 Roasted chic pea salad <b>Chicken Parm</b> Rice pilaf w/ mushrooms Wax beans Roll Oatmeal raisin cookie Turkey &amp; swiss cheese</p>	<p>7 Minestrone soup <b>Meatloaf w/ gravy</b> Mashed potato Baby carrots Roll Fruit Chicken salad plate</p>	<p>8 Chicken n rice soup <b>Stuffed manicotti w / meat sauce</b> Cauliflower &amp; carrots Garlic bread Pudding / Roll Ham &amp; cheese on rye</p>
<p>11 Tomato soup <b>French onion baked chicken</b> Roasted potatoes Peas &amp; carrots Roll - Cookies Sliced whole grain bread Egg salad sandwich</p>	<p>12 Mediterranean rice salad <b>Baked rigatoni w/mini meatballs</b> Green beans Roll Fruit salad Turkey &amp; swiss on rye</p>	<p>13 Chicken soup <b>Meatball/pepper sandwich</b> Pasta salad Roll Fruit Tuna salad plate</p>	<p>14 Zucchini Summer salad <b>Pork loin w/ gravy</b> Asian style rice pilaf Broccoli Roll – Fruit Chicken salad sandwich</p>	<p>15 Lentil soup <b>Shepards pie</b> Mashed potato Ww roll Cake Corned beef on rye</p>
<p>18 Gazpacho <b>Chicken francese</b> Roasted vegetable w/potato Garlic bread Fruit Cobb salad</p>	<p>19 Lentil &amp; bean soup <b>Porkchop/apples/peppers</b> <b>Rice pilaf</b> Zucchini w/plum tomato Fruit / roll Egg salad MG roll</p>	<p>20 Navy bean soup <b>Lasagna roll up w/ meat sauce</b> Spinach / Roll Jello Chicken salad plate</p>	<p>21 Minestrone soup <b>Salisbury steak mushrooms</b> Sweet potato Mixed vegetables Roll Cake Ham &amp; cheese on rye</p>	<p>22 Greek salad <b>Chicken cacciatore</b> Rice pilaf Green beans Cookie Roll Tuna sandwich on wheat</p>
<p>25 Chicken escarole soup <b>Sloppy joe</b> 3- bean salad Potato salad Whole Wheat roll cookie Chef salad</p>	<p>26 Escarole/bean/sausage soup Tossed salad <b>Stuffed shell w/ meatball</b> Garlic bread Fruit Spinach salad w/ chicken</p>	<p>27 Minestrone soup <b>Eye round roast w/gravy</b> Garlic green beans Mashed potatoes Cookie - roll Ham salad on rye</p>	<p>28 Mushroom barley soup <b>Baked ham w/ gravy</b> Sweet potato Corn Fruit / Roll Tuna salad plate</p>	<p>29 Greek cucumber salad <b>Sausage/pepper sandwich</b> Broccoli salad Chips / Roll Fruit Turkey/Swiss/WW</p>