

Westerly Senior Citizens
Center Menu

February

FOR RESERVATIONS
CALL (401) 596-7216

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Navy bean soup Chicken teriyaki Roasted vegetables Sweet potatoes Sliced peaches Chicken salad on wheat	Vegetable soup Lasagna roll up w/meat sauce Greek cucumber salad Garlic bread Sugar cookies Tossed salad w/ chicken	Vegetable barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate	Tomato rice soup Pork roast w/ gravy Mashed potatoes Green beans Cake Greek salad w/ chicken	Mediterranean lentil soup Sausage/pepper sandwich Cole slaw Roasted potato Watermelon Turkey & cheese on wheat
9	10	11	12	13
Escarole & bean soup Chicken francese Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye	Minestrone soup Creamy Dijon chicken Green beans Roasted potatoes Sliced pears Seafood salad plate	Tomato soup Sweet & sour pork Vegetable fried rice Stir fry vegetables Sliced melon Turkey sandwich on wheat	Chicken escarole soup Chicken cordon bleu w/ gravy Roasted sweet potatoes Mixed vegetables Cake Chef salad	Broccoli & cheese soup Pub burger w/cheese 3 bean salad Chips Sliced apples Greek salad w/ chicken
16	17	18	19	20
CENTER CLOSED	Fresh fruit cup Beef stew w/ vegetables Roasted vegetables Chocolate chip cookie Egg salad plate	Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Yellow cake Tuna salad plate	Mushroom barley soup Sliced turkey Mashed sweet potatoes Roasted carrots Sliced melon Chef salad	Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich
23	24	25	26	27
Chicken barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken	Vegetable barley soup Baked Ziti, sausage & cheese Capri vegetables Sliced pears Turkey sandwich	Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder	Kale & chickpea soup Pot roast w /gravy Roasted potatoes Balsamic glazed carrots Cake Greek salad w/ chicken	Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears Tuna salad on rye
				