
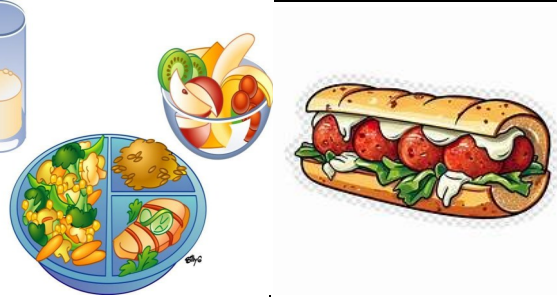


Westerly Senior Citizens Center Menu		August		FOR RESERVATIONS CALL (401) 596-7216	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					
4		5		6	
Escarole bean/sausage soup Meatball sandwich Roasted zucchini & carrot Brownie Chicken salad on rye		Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches Tossed salad w/ chicken		Tuscan white bean soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	
7		8		1	
Chickpea & kale soup Pot roast w/ gravy Mashed potatoes Green beans Cake Spinach salad w/ chicken		Tomato cauliflower soup Braised beef brisket Roasted Potato w/vegetables Tomato salad Pineapple chunks Ham & cheese on wheat			
11		12		13	
Center Closed VJ DAY		Vegetable soup Creamy Tuscan chicken Broccoli florets Roasted sweet potatoes Cake Egg salad on rye		Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	
14		15			
Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad		Chicken soup Pub burger w/ cheese Baked beans Cole slaw / chips Watermelon Hot dog			
18		19		20	
Vegetable lentil soup Cider glazed chicken thighs Potato wedges Mixed vegetables Watermelon Roast beef on roll		Minestrone soup Pepper steak Rice pilaf Roasted carrots Sliced pears Chef salad		Tomato soup Creamy feta/tomato chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	
21		22			
Mushroom barley soup Sliced turkey w/ gravy Sweet potatoes Green beans Cake Ham & cheese on wheat		Chicken escarole soup Shepards pie Mashed potatoes Peaches Cobb salad			
25		26		27	
Corn chowder Fried chicken Roasted potatoes Green bean salad Chocolate chip cookie Turkey sandwich on wheat		Mushroom barley soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches Chicken salad on wheat		Tomato soup Baked chicken topped w/ Eggplant Bolognese Mediterranean rice Cake Seafood salad plate	
28		29			
Chicken soup Salsbury steak Mashed potatoes Buttered corn Fresh melon Tossed salad w/ chicken		Chicken soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread			