

WESTERLY SENIOR CENTER

AUGUST MENU

Reservations must be made by Noon on Wednesday for the following week - (401) 596-7216

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3	4	5	6	7
Chicken noodle soup Roasted chicken w/ gravy Rice pilaf Green beans Watermelon Roast beef sandwich	Vegetable soup Shepards pie Mashed potatoes Sliced pears Tuna salad on rye	Creamy potato soup Baked fish Sliced carrots Rice pilaf w/ mushrooms Chocolate chip cookie Chicken salad plate	Broccoli cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches Seafood salad sandwich	Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Yellow cake Cobb salad
10	11	12	13	14
Center Closed VJ Day	Tuscan bean soup Tuscan chicken Cauliflower mashed potatoes Mixed vegetables Lorna dune cookies Seafood salad sandwich	Minestrone soup Pork tenderloin w/ gravy Buttered corn Mashed potatoes Mixed fruit Turkey/bacon on wheat	Lentil soup Chicken marsala Roasted potatoes California blend vegetables Tropical fruit Egg salad sandwich	Fresh mixed fruit Pub burger w/ cheese Hot dog Cole slaw Chips Greek salad
17	18	19	20	21
Navy bean soup Chicken piccata Lemon herb rice pilaf Roasted zucchini/tomatoes Sliced peaches Corned beef on rye	Tomato soup Meatball/pepper sandwich Italian vegetables Roasted potatoes Chocolate cake Greek salad w/chicken	Vegetable soup Creamy pork chops Cilantro lime rice Summer vegetables Sliced pears Chicken salad plate	Chicken Rice soup Pot roast w/ gravy Italian style zucchini Sweet potatoes Cake Turkey on rye	Clam chowder Cider glazed chicken thighs Rice pilaf Cole slaw Watermelon Italian grinder
24	25	26	27	28
Mushroom barley soup Pasta/sausage/meatballs Broccoli, zucchini carrots Fruit cocktail Roast beef sandwich	Carrot soup Sausage/pepper sandwich Roasted zucchini Chips Sliced peaches Egg salad on rye	Creamy vegetable soup Lemon chicken/artichokes White rice Baby carrots Cookie Ham salad on wheat	Chicken soup Pork chop w/ apples Mashed potatoes Buttered corn Cake Greek salad w/ chicken	Tuscan soup w/vegetables Chicken w/fennel/peppers Greek cucumber salad Rice pilaf Tropical fruit Turkey/cheese sandwich
31				
Tomato spinach basil soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham salad on rye				