

Westerly Senior Citizens Center Menu		<b>September</b>		<b>FOR RESERVATIONS CALL (401) 596-7216</b>	
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
1	2	3	4	5	
<b>Center Closed</b>	Tomato cauliflower soup <b>Beef tips w/mushroom gravy</b> Mashed potatoes Green beans Cookie  Chicken salad on wheat	Vegetable soup <b>Creamy Dijon chicken</b> Rice pilaf Mixed vegetables Sliced peaches  Tuna salad Plate	Chicken soup <b>Roasted pork loin</b> Sweet potatoes Cauliflower Broccoli salad Cake  Turkey sandwich on rye	Clam chowder <b>Meatball/pepper sandwich</b> Roasted vegetables Herb roasted potato salad Sliced watermelon  Cobb salad	
8	9	10	11	12	
Mushroom barley soup <b>Chicken marsala</b> Roasted zucchini & carrot Lemon rice Chocolate chip cookie  Chicken salad on rye	Minestrone soup <b>Sloppy joe</b> Roasted potatoes Cucumber salad Sliced peaches  Tossed salad w/ chicken	Tuscan white bean soup <b>Chicken &amp; broccoli</b> Vegetable fried rice Peas & onion Sliced pears  Seafood salad sandwich	Tomato soup <b>Open turkey sandwich</b> Mashed potatoes Green beans Cake  Ham & cheese on wheat	Mediterranean lentil soup <b>Lasagna roll up w/meat sauce</b> Cucumber salad Garlic roll Sliced apples  Chef salad	
15	16	17	18	19	
Vegetable soup <b>Shepards pie peas/carrots/corn</b> Mashed potatoes Brownie  Turkey sandwich	Vegetable barley soup <b>Creamy garlic pork chop</b> Broccoli florets Roasted sweet potatoes Mixed fruit  Egg salad on rye	Carrot soup <b>Chicken Parm</b> Roasted potatoes Green beans Watermelon  Tuna salad plate	Cream of broccoli soup <b>Texas pulled pork sandwich</b> Cole slaw Roasted vegetables Cake  Greek salad w/chicken	Chicken soup <b>Pub burger w/ cheese</b> Baked beans Cole slaw Watermelon  Hot dog	
22	23	24	25	26	
White bean soup <b>Chicken cordon bleu</b> Potato wedges Mixed vegetables Watermelon  Roast beef on roll	Meatball soup <b>Stuffed shell w/meat sauce</b> Roasted potato Zucchini w/ carrots Sliced pears  Chef salad	Tomato soup <b>Oven roasted chicken</b> Sweet potatoes Sweet corn Oatmeal cookie  Seafood salad sandwich	Creamy mushroom soup <b>Pepper steak</b> Mashed potatoes Green beans Cake  Ham & cheese on wheat	Chicken escarole soup <b>Pasta, meatballs &amp; sausage</b> Roasted vegetables Peaches  Cobb salad	
29	30				
Minestrone soup <b>Sausage &amp; pepper sandwich</b> Roasted potatoes 3 – bean salad Chocolate chip cookie  Turkey sandwich on wheat	Chicken soup <b>Smothered pork w/ gravy</b> Mashed potatoes Broccoli Sliced peaches  Chicken salad on wheat				