

Luncheon Menu

September 2023

Suggested donation is \$3.00 per meal.

MENU SUBJECT TO CHANGE

Meal site orders must be submitted by noon on Wednesday for the following week.

Please call 268-1592 to place an order for lunch.

Our meals are created by Encore Catering of Warwick.

Please call Westbay CAP at 401-732-4660 ext. 325 with any questions or comments about meals.

Funded in part by the U.S. Administration on Aging and state funds by the Rhode Island Office of Healthy Aging.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing your order.</u></p>			<p>SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>	<p>1) Tossed Salad Roasted Chicken Thigh Rice Pilaf Corn with Tomatoes Roll Cake (Roast Beef Sandwich)</p>
<p>4) </p>	<p>5) Greek Cucumber Salad Beef with Honey Teriyaki Glaze Roasted White Potatoes Green Beans Multigrain Bread Fruit (Seafood Salad Sandwich)</p>	<p>6) Roasted Chickpea Salad Chicken Parm Rice Pilaf with Mushrooms Wax Beans Roll Oatmeal Raisin Cookie (Turkey and Swiss Sandwich)</p>	<p>7) Minestrone Soup Meatloaf with Gravy Mashed Potatoes Baby Carrots Roll Fruit (Chicken Salad Plate)</p>	<p>8) Chicken and Rice Soup Stuffed Manicotti with Meat Sauce Cauliflower with Roasted Carrots Garlic Bread Pudding (Ham and Cheese on Rye)</p>
<p>11) Tomato Soup Onion Baked Chicken Roasted Potatoes Peas and Carrots Roll Cookies (Egg Salad Sandwich)</p>	<p>12) Mediterranean Rice Salad Baked Rigatoni with Mini Meatballs Green Beans Roll Fruit Salad (Turkey and Swiss on Rye)</p>	<p>13) Chicken Soup Meatball and Pepper Sandwich Pasta Salad Roll Fruit (Tuna Salad Plate)</p>	<p>14) Zucchini Summer Salad Pork Loin with Gravy Asian Style Rice Pilaf Broccoli Roll Cupcake (Chicken Salad Sandwich)</p>	<p>15) Lentil Soup Shepards Pie Mashed Potatoes Roll Cake (Corned Beef on Rye)</p>
<p>18) Gazpacho Chicken Francaise Roasted Vegetable with Potato Garlic Bread Fruit (Cobb Salad)</p>	<p>19) Lentil and Bean Soup Smothered Pork Chop with Apples and Peppers Rice Pilaf Zucchini with Plum Tomato Roll Fruit (Egg Salad on Multigrain Roll)</p>	<p>20) Navy Bean Soup Lasagna Rollup with Meat Sauce Spinach Roll Jello (Chicken Salad Plate)</p>	<p>21) Minestrone Soup Salisbury Steak with Mushrooms Sweet Potatoes Mixed Vegetables Roll Cake (Ham and Cheese on Rye)</p>	<p>22) Greek Salad Chicken Cacciatore Rice Pilaf Green Beans Roll Cookie (Tuna on Wheat)</p>
<p>25) Chicken Escarole Soup Sloppy Joe 3- Bean Salad Potato Salad Roll Cookie (Chef Salad)</p>	<p>26) Escarole, Bean and Sausage Soup Tossed Salad Stuffed Shell with Meatball Garlic Bread Fruit (Spinach Salad with Chicken)</p>	<p>27) Minestrone Soup Tender Eye Round Roast with Gravy Mashed Potatoes Garlic Green Beans Roll Cookie (Ham Salad on Rye)</p>	<p>28) Mushroom Barley Soup Baked Ham with Gravy Sweet Potatoes Corn Roll Fruit (Tuna Salad Plate)</p>	<p>29) Greek Cucumber Salad Sausage and Pepper Sandwich Broccoli Salad Chips Roll Fruit (Turkey and Swiss on Wheat)</p>