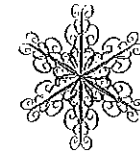




# February 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## WESTBAY COMMUNITY ACTION

Founded in part by the U.S. Administration of Aging (AOA) and state funds through the RI Division of Elderly Affairs. Our meals are prepared by Encore Catering of Warwick, RI. Please call Jennifer Veltri, Westbay CAP at (401) 732-4660 Ext 325 with any questions or comments.

Suggested donation is \$3.00 per meal

Thank you for your donations. Donations help to maintain the meal program.

4  
Mushroom Barley Soup  
Open Chicken Pot Pie  
Mashed Potato  
Whole Wheat Biscuit  
Fruit  
Tuna Salad on Wheat Roll

5 CHINESE NEW YEAR MEAL  
Vegetable Noodle Soup  
Kung Pao Beef  
Vegetable Lo Mein  
Eggroll  
Fortune Cookie  
Chicken Sandwich on Wheat

6  
Red Clam Chowder  
Fish Sandwich on Wheat Roll  
Cole Slaw  
Potato Wedges  
Fruit  
Chef Salad

7  
Minestrone Soup  
Chicken Parm  
Tossed Salad  
Spaghetti  
Pound Cake  
Egg Salad on Wheat

1  
Cream of Broccoli Soup  
BBQ Chicken Thighs  
Potato Salad  
Mixed Veg/Corn Bread  
Chocolate Cake  
Meatball Grinder

11  
Split Pea Soup  
Swedish Meatballs  
Mashed Sweet Potato  
Baby Carrots/Whole Wheat Roll / Pudding  
Seafood Salad on Wheat

12  
Fruit Cup  
Ravioli w/Meat Sauce  
Caprese Salad  
Garlic Bread  
Oatmeal Raisin Cookie  
Cobb Salad

13  
Tomato Soup  
Cranberry Balsamic Chicken  
Mashed Cauliflower  
Wax Beans  
Fruit  
Roast Beef Sandwich

14 VALENTINE'S DAY MEAL  
Italian Wedding Soup  
Prime Rib w/Gravy  
Roasted Potato & Green Beans  
Whole Grain Roll  
Eclairs  
Turkey & Swiss on Wheat

8  
Kale and Navy Bean Soup  
Sausage and Pepper Sandwich  
Whole Wheat Roll/Chips  
Broccoli  
Brownie  
BLT on Wheat

18

MEAL SITES CLOSED

19 BIRTHDAY PARTY MEAL  
Escarole and Bean Soup  
Chicken Cordon Blue  
Mashed Potato  
Peas and Carrots  
Cup Cakes  
Corned Beef Rubeben on Rye

20  
Chicken Soup  
Stuffed Pepper  
Meatballs  
Baby Carrots  
Fruit  
Chicken Salad

21  
Roasted Cauliflower Soup  
BBQ Beef Brisket  
Roasted Sweet Potato  
Spinach/Whole Wheat Roll  
Coffee Cake  
Chicken Cesar Salad

15 VEGETARIAN MEAL  
Lentil Soup  
Cheese Lasagna  
Cesar Salad  
Whole Grain Breadstick  
Fruit  
Cheeseburger on Wheat Roll

25  
Kale and Bean Soup  
Baked Ham w/Gravy  
Scalloped Potatoes  
Sliced Carrots/Whole Wheat Roll / Jell-O  
Sausage Sandwich

26  
Beef & Vegetable Soup  
Chicken w/Veggies on Pita  
Brown Rice Salad, Chips  
Fruit  
Pastrami and Cheese on Wheat

27 VEGETARIAN MEAL  
Vegetable Stew  
Stuffed Shells  
Greek Cucumber Salad  
Italian Bread  
Lorna Doone Cookies  
Italian Grinder

28  
Fresh Fruit  
Beef Stew  
Tossed Salad & Whole Grain Biscuit  
Apple Turnover  
Turkey Club on Wheat

22  
White Bean Soup  
Chicken Enchiladas  
Rice/Whole Wheat Tortilla  
Black Beans  
Fruit  
Tuna Club on Wheat

Grains – 2 ounces  
Veggies – ¾ cup  
Fruits – ¾ cup  
Protein – 3 ounces cooked  
Dairy – 1 cup