

March 2019

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation is \$3.00 per meal</p> <p>Thank you for your donations. Donations help to maintain the meal program.</p>	<p>SERVING SIZES</p> <p>Grains – 2 ounces Vegetables – ¾ cup Fruits – ¾ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>PLEASE INFORM OUR MEAL SITE STAFF OF ANY FOOD ALLERGENS YOU MAY HAVE</p>		<p>1</p> <p>Cream of Broccoli Soup Honey-Glazed Chicken Potato Salad Sliced Carrots Sliced Melon Egg Salad on Wheat</p>
<p>4</p> <p>Lentil Soup Sloppy Joe on Wheat Roll Three Bean Salad Sliced Roasted Potato Lemon Square BLT on Wheat</p>	<p>5</p> <p>Escarole and Bean Soup Wheat Pasta Bolognese Tossed Salad Italian Bread Fruit Cup Turkey & Swiss on Wheat</p>	<p>6</p> <p>N.E. Clam Chowder Fish Bake w/Red Sauce Carrot Salad Brown Rice Pilaf Jell-O Italian Grinder</p>	<p>7</p> <p>Tomato Soup Open Turkey Sandwich Gravy, Stuffing Mashed Potato Chocolate Chip Cookie Sausage & Pepper Sandwich</p>	<p>8</p> <p>Minestrone Soup Stuffed Shells Caesar Salad Breadstick Fruit Cup Tuna Salad Plate</p>
<p>11</p> <p>Split Pea Soup BBQ Pulled Chicken on Wheat Cole Slaw Pudding Chef Salad</p>	<p>12</p> <p>Cottage Cheese w/Peaches Scrambled Eggs Ham Hash w/Potatoes Whole Grain Waffle w/Syrup</p>	<p>13</p> <p>Vegetable Noodle Soup Sweet Teriyaki Beef Garlic Noodles Egg Roll Fig Newton Cookies Chicken Salad on Wheat</p>	<p>14 ST. PATRICK'S DAY MEAL</p> <p>Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert</p>	<p>15</p> <p>White Bean Soup Fish Cake w/Sauce Mixed Veg Brown Rice Salad Fruit Salad Meatball Grinder on Wheat Roll</p>
<p>18</p> <p>Cream of Mushroom Soup Chicken Cacciatore Pasta Salad w/Veggies Garlic Bread Oatmeal Raisin Cookie Ham & Provolone on Wheat</p>	<p>19 ST. JOSEPH'S DAY MEAL</p> <p>Italian Wedding Soup Beef Bracciale Mashed Potato Mixed Veg Wheat Roll Zeppole</p>	<p>20</p> <p>White Bean Soup Roasted Chicken Drumstick Greek Cucumber Salad Wild Rice Fruit Cup Pastrami Rubeen on Rye</p>	<p>21</p> <p>Chicken & Escarole Soup Meatball & Pepper on Wheat Potato Salad Chips Yellow Cake Cobb Salad</p>	<p>22</p> <p>Fruit Cup Vegetarian Chili Roasted Zucchini Whole Grain Corn Bread Pudding Seafood Salad Plate</p>
<p>25</p> <p>Kale and Bean Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit Fruit Cup BBQ Chicken Sandwich</p>	<p>26 BIRTHDAY PARTY MEAL</p> <p>Mushroom Barley Roasted Pork Loin w/Gravy Sweet Potato Hash Baby Carrots Cupcakes Roast Beef Club on Wheat</p>	<p>27</p> <p>100% Fruit Juice Chicken w/ Gravy Stuffed Pepper Tomato & Cheese Focaccia Lorna Doone Cookies Turkey & Provolone on Wheat</p>	<p>28</p> <p>Chicken & Vegetable Soup Pot Roast w/Gravy Mashed Potato Green Beans Brownie Tuna Salad on Wheat</p>	<p>29</p> <p>Red Clam Chowder Fish and Chips Cole Slaw Whole Grain Cornbread Fruit Cup Cheeseburger on Wheat</p>