



April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tomato Soup Hot Dogs and Beans Cole Slaw Brown Bread Fig Newton Cookie Turkey Club on Wheat	2 Lentil Soup Chicken a la King Mashed Potato Whole Grain Biscuit Fruit Cup Chef Salad	3 Chicken and Escarole Soup Spaghetti and Meatballs Tossed Salad Garlic Bread Brownie Pastrami Rubeen on Rye	4 Minestrone Soup Caprese Chicken Roasted Potato Peas and Carrots Oatmeal Raisin Cookie Tuna Salad Plate	5 Red Clam Chowder Fish Bake w/ Corn & Potato Brown Rice Pilaf Cucumber Salad Pudding Roast Beef on Bulkie
8 Kale and Bean Soup Chicken Pot Pie Mashed Potato Whole Grain Corn Bread Jell-O Ham and Swiss on Wheat Roll	9 Chicken & Vegetable Soup Swedish Meatballs Roasted Sweet Potato Green Beans Cake Chicken Salad on Wheat Roll	10 Cream of Broccoli Soup Chicken Piccata Mashed Cauliflower Sliced Carrots Fruit Salad Seafood Salad on Wheat	11 Mushroom Barley Soup Italian Beef Sandwich/Whole Wheat Roll / Potato Wedges Mixed Vegetable Lorna Doone Cookies Greek Salad w/Chicken	12 N.E. Clam Chowder Fish Sandwich/Whole Wheat Roll / Cole Slaw White Bean Salad Fruit Cup Meatball Sandwich
15 Chicken Soup Cheesburger on Whole Wheat Roll Three Bean Salad French Fries Melon Sausage&Pepper Sandwich	16 Minestrone Soup Baked Manicotti Tossed Salad Breadstick Pudding Italian Grinder	17 Escarole and Bean Soup Beef Tips Sweet Mashed Potato Broccoli /Whole Grain Bread Fruit Cup Spinach Salad with Chicken	18 EASTER MEAL Creamy Split Pea Soup Baked Ham w/Gravy Scalloped Potatoes Honey Glazed Carrots Holiday Rice Pies BBQ Chicken Sandwich	19 1 st NIGHT OF PASSOVER** Vegetable Soup Roasted Chicken Baby Carrots Pasta Salad/Whole Wheat Roll Coffee Cake Seafood Salad Plate
22 Bean and Lentil Soup Salisbury Steak w/ Gravy Mashed Potato Roasted Zucchini w/Tomato Fruit Cup Cobb Salad	23 Cream of Mushroom Soup Chicken Kabob w/ Veggies Brown Wild Rice Strawberry Mango Salad Chocolate Chip Cookie Cheesburger on Wheat Roll	24 Cauliflower Soup Ground Beef Taco w/ Lettuce and Tomato/Whole Grain Tortilla / Refried Beans Green Beans / Jell-O Tuna Salad Club on Wheat	25 Tomato Soup Stuffed Chicken Breast w/Gravy Roasted Potato Mixed Vegetable/Cupcakes Turkey&Provolone on Wheat	26 White Bean Soup Beef Bourguignon w/ Veggies Tossed Salad Whole Wheat Bread Melon BLT on Wheat
29 Barley and Vegetable Soup Pork Florentine w/ Gravy Spinach Potato Wedges Cake Corned Beef&Swiss on Wheat	30 Cream of Broccoli Soup Orange Beef Garlic Noodles Eggroll Pineapple Chicken Cesar Salad	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 Veltf, 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