

# Menu

## September Menu 2021

Suggested donation is \$3.00 per meal.  
Thank you for your donation!

**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>All menu items may contain nuts, seeds, beans, wheat bran &amp; other allergens. Please inform our staff of any food allergies when placing your order.</u></p>	<p><b>SERVING SIZES:</b> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>	<p><b>1</b> Fruit &amp; Feta Cheese Meatball Sandwich with Peppers on a Wheat Roll Pasta Salad &amp; Veggies Cookie (Chicken Salad on Wheat)</p>	<p><b>2</b> Chicken Soup Meatloaf with Gravy Mashed Potatoes Baby Carrots Whole Wheat Roll Jello (Roast Beef on Wheat)</p>	<p><b>3</b> Escarole Bean Soup Baked Fish Cake Mixed Vegetables Cole Slaw Wheat Roll &amp; Fruit (Tuna Salad on Wheat Roll)</p>
<p><b>6</b>  <b>HOLIDAY CLOSED</b></p>	<p><b>7</b> Tomato Soup Chicken Stir Fry Stir Fry Vegetables Rice Pilaf Cookie (Chicken Sandwich on Wheat Roll)</p>	<p><b>8</b> Lentil Soup Baked Ziti with Meat Sauce Tossed Salad Garlic Bread Fruit (Turkey on Wheat)</p>	<p><b>9</b> Navy Bean Soup Sautéed Beef with Mushrooms Sweet Potatoes Green Beans Wheat Roll &amp; Fruit (Egg Salad on Wheat)</p>	<p><b>10</b> Fruit Cup Chicken Leg Mashed Potatoes Green Beans &amp; Carrots Wheat Roll Jello (Tuna Salad on Wheat)</p>
<p><b>13</b> Chicken Soup Shepherd's Pie with Ground Beef, Carrots, Corn &amp; Peas Mashed Potatoes Wheat Roll &amp; Fruit (Seafood Salad on Wheat)</p>	<p><b>14</b> Escarole Bean Soup Baked Mac &amp; Cheese Tossed Greek Salad Wheat Roll Cake (Turkey and Swiss on Rye)</p>	<p><b>15</b> Tom &amp; Cuc Salad Hot Dog Baked Beans Cole Slaw Wheat Roll Cookie (Ham Salad on Wheat)</p>	<p><b>16</b> Mush. Barley Soup BBQ Pulled Pork on Sandwich Roll Tomato &amp; Feta Cheese Fresh Fruit (BBQ Chicken on Wheat Roll)</p>	<p><b>17</b> Clam Chowder Baked Fish Provencal Rice Pilaf Broccoli Florets Jello  (Tuna Salad on Wheat)</p>
<p><b>20</b> Chicken Soup Swedish Meatballs Mashed Potatoes Mixed Vegetables Wheat Roll Fruit (Ham &amp; Swiss Sandwich)</p>	<p><b>21</b> Mixed Fruit Cup Sloppy Joe Broccoli Potato Wedges Wheat Roll Brownie (Seafood Salad on Wheat)</p>	<p><b>22</b> Pasta &amp; Bean Soup Pork Loin Roasted Potatoes Sliced Carrots Wheat Roll Pudding (Egg Salad on Wheat)</p>	<p><b>23</b> Pea Soup Lemon Chicken Greek Potato Salad Green Beans Wheat Roll &amp; Fruit (Turkey &amp; Swiss on Wheat Roll)</p>	<p><b>24</b> Tomato Soup Beef Taco with Lettuce, Tomato &amp; Sour Cream on a Tortilla Fruit  (Chicken Salad on Rye)</p>
<p><b>27</b> Minestrone Soup Cheeseburger on Wheat Roll Mixed Vegetables Melon (Turkey &amp; Swiss on Wheat)</p>	<p><b>28</b> Beef Stew Tossed Salad Wheat Roll Fruit  (Ham &amp; Swiss on Wheat)</p>	<p><b>29</b> Beef Barley Soup Crispy Chicken with Lettuce &amp; Tomato on a Roll Cucumber &amp; Pea Salad Cookie (Seafood Salad on Wheat)</p>	<p><b>30</b> Vegetable Soup Sweet &amp; Sour Boneless Chicken Fried Brown Rice Peas &amp; Carrots Fruit (Egg Salad on Wheat)</p>	<p><b>Funded in part by the U.S. Administration on Aging and state funds by the Rhode Island Office of Healthy Aging.</b></p>