



# January 2017

Grains – 2 ounces  
 Vegetables – ¼ cup  
 Fruits – ¾ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Meal Sites Closed</p>	<p>3</p> <p>Chicken Tortilla Soup            Chicken Fajitas w/Pepper &amp; Onion            Brown Rice, Black bean salad            Fruit Cup            Greek Salad</p>	<p>4</p> <p>Tossed Garden Salad            Jambalaya (not spicy)            Brown Rice            Apple Turnover            Italian Grinder</p>	<p>5</p> <p>Minestrone Soup            Baked Ham w/Pineapple Sauce            Peas &amp; Onions            Mashed Potatoes            Pudding            Tuna Salad Plate</p>	<p>6</p> <p>Caprese Salad            Baked Ziti w/Meatballs &amp; Cheese            Spinach            Fruit Cup            Chicken Salad on Wheat</p>
<p>9</p> <p>Chicken &amp; Rice Soup            Chicken &amp; Whole Grain Waffles            Buttered Corn            Fruit Cup            Cobb Salad</p>	<p>10 <b>BBQ IN WINTER MEAL</b></p> <p>100% Fruit Juice            ¼ Rack BBQ Ribs            Green Beans            Cole Slaw            Pound Cake            Turkey &amp; Cheese on Wheat</p>	<p>11</p> <p>Vegetable Soup            Sausage and Meatball Grinder            Whole Wheat Roll            3 Bean Salad            Pudding            Egg Salad on Wheat</p>	<p>12</p> <p>Escarole &amp; Bean Soup            Meat Lasagna            Broccoli            Jell-O            Seafood Salad on Wheat</p>	<p>13</p> <p>New England Clam Chowder            Baked Cod Florentine            Brown Rice Pilaf            Cauliflower            Fruit            Roast Beef on Wheat</p>
<p>16</p> <p><b>Martin Luther King, Jr. Day</b></p> <p>Meal Sites Closed</p>	<p>17</p> <p>Mushroom Barley Soup            Turkey &amp; Cheese Club on Wheat            Stuffed Pepper            Fruit Cup            Chef Salad</p>	<p>18</p> <p>Navy Bean Soup            Beef Tips            Brussel Sprouts, Mashed Potato            Whole Grain Roll            Jell-O            Chicken Salad on Wheat</p>	<p>19 <b>COZY WINTER MEAL</b></p> <p>Sweet Potato Soup            Stuffed Chicken Breast w/Gravy            Cranberry Sauce, Roasted            Potatoes, Baby Carrots            Lorna Doone Cookies            Ham &amp; Cheese on Wheat</p>	<p>20</p> <p>Tomato Soup            Open Shepherd's Pie            Mashed Potatoes            Wheat Biscuit            Fruit Cup            Egg Salad on Wheat</p>
<p>23</p> <p>100 % Fruit Juice            Salisbury Steak w/Mushroom Gravy            Whole Grain Biscuit            Peas &amp; Carrots            Chocolate Chip Cookies            Tuna Salad Plate</p>	<p>24</p> <p>Tossed Garden Salad            Veal Parmesan            Pasta            Wax Beans            Fruit Cup            Seafood Salad on Wheat</p>	<p>25 <b>BIRTHDAY PARTY</b></p> <p>Kale &amp; Bean Soup            Chicken Marsala            Brown Rice Pilaf            Green Beans            Birthday Cup Cakes            Waldorf Salad</p>	<p>26</p> <p>Vegetable Soup            Pork Chop            Mashed Sweet Potatoes            Cole Slaw            Fruit Cup            Chef Salad</p>	<p>27</p> <p>Lentil Soup            Arroz Con Pollo (Chicken &amp; Brown            Rice, Diced Carrot, Corn &amp; Peas)            Pudding            Turkey &amp; Swiss on Wheat</p>
<p>30</p> <p>Beef &amp; Barley Soup            Rigatoni w/Sausage &amp; Meatballs            Roasted Zucchini            Fruit Cup            Chicken Salad on Wheat</p>	<p>31</p> <p>100% Fruit Juice            Sloppy Joe w/Wheat Bun            Spinach Salad            Pudding            Egg Salad on Wheat</p>	<p><b>WESTBAY COMMUNITY ACTION</b></p> <p>Founded in part by the U.S. Administration of Aging (AOA) and state funds through the RI Division of Elderly Affairs. Our meals are created by Encore Catering of Warwick, RI. Please call Jennifer Veltri at Westbay CAP, (401) 732-4660 Ext 325 with any questions or comments.</p>		<p><b>Suggested donation is \$3.00 per meal</b></p> <p>Thank you for your donations. Donations help to maintain the meal program.</p>