

September 2016



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 created by Encore Catering of Warwick, RI. Please call Westbay CAP at (401) 732-4666 Ext 142 or 125 with any questions or comments.		GRAINS – 2 ounces VEGETABLES – ¾ cup FRUITS – ¾ cup PROTEIN – 3 ounces DAIRY – 1 cup	1 Vegetable Soup Chicken Cacciatore Roasted Potato Broccoli & Multi Grain Roll Pudding Cobb Salad	2 LABOR DAY MEAL Spinach Salad w/Strawberries Pepper Steak Brown Rice Sliced Carrots Apple Turnover BLT on Wheat
5 Closed Labor Day 	6 Fresh Fruit Cup Chicken Marsala Wild Rice Green Beans & Whole Wheat Roll Brownie Chef Salad	7 Tossed Greek Salad Sausage & Peppers/Torpedo Pasta Salad/Whole Wheat Pasta & Vegetables Fresh Fruit Cup Seafood Salad Plate	8 Fruit Salad Pork Loin w/Gravy Roasted Sweet Potatoes Spinach & Multi Grain Roll Jello Waldorf Chicken Salad Plate	9 Minestrone Soup Baked Cod Florentine Couscous Salad, Peas & Onions Whole Wheat Bread Pudding Ham & Cheese on Wheat
12 Caesar Salad Pub Burger\Whole Wheat Roll Onion Rings Pound Cake/Fruit Turkey Reuben on Rye Bread	13 Chicken Soup Baked Whole Wheat Ziti w/Meatballs Green Bean Salad Pudding Egg Salad on Wheat	14 Cottage Cheese w/Fruit Beef Tips w/Mushroom Gravy Brown Rice, Roasted Brussel Sprouts & Multi Grain Roll Brownie Chicken Salad on Wheat	15 Tomato Soup Baked Ham w/Gravy Parsley Potatoes, Baby Carrots & Whole Wheat Bread Lemon Square Tuna Salad Plate	16 Fresh Fruit Cup Chicken Teriyaki w/Vegetable Fried Brown Rice, Stir Fry Vegetables Jello Roast Beef Sandwich on Wheat Bread
19 Fresh Fruit Cup Stuffed Shells w/Meat Sauce Zucchini Wheat Italian Bread Chocolate Chip Cookie Ham Salad on Wheat	20 Mushroom Barley Soup Chicken Pot Pie/Vegetables Mashed Potatoes Multi Grain Biscuit Jello w/Cubed Cantaloupe Turkey & Cheese on Wheat	21 Iceberg Wedge Salad Baked Mac & Cheese w/Ham Whole Wheat Pasta Spinach Sliced Honeydew Melon Egg Salad on Whole Wheat	22 GOOD-BYE SUMMER MEAL Fresh Fruit Cup BBQ Baby Back Ribs Roasted Corn & Black Bean salad Corn Bread Pudding Chicken Salad on Wheat	23 Fresh Fruit Cup Meatloaf w/Gravy Roasted Sweet Potatoes Peas & Carrots & Multi Grain Roll Chocolate Cake Cobb Salad
26 100% Fruit Juice Sloppy Joe / Whole Wheat Roll Spinach Salad Pudding Egg Salad On Wheat	27 BIRTHDAY PARTY MEAL Lentil Soup Stuffed Chicken Breast & Gravy Roasted Potatoes, Broccoli & Cauliflower & Multi Grain Bread Cupcakes Seafood Salad on Wheat	28 Escarole & Bean Soup BBQ Pulled Pork Sandwich/Multi Grain Roll 3 Bean Salad Fruit Cocktail Chicken Caesar Salad	29 Minestrone Soup Rigatoni w/ Meatballs & Sausage Roasted Zucchini Wheat Italian Bread Apple Turnover Roast Beef Sandwich on Wheat	30 Fresh Fruit Cup Baked Stuffed Cod Brown Rice Pilaf Spinach Jello Turkey & Cheese on Wheat