



December 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¾ cup Vegetable – ¾ cup Dairy – 1 cup</p>	<p>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) 732-4660 Ext 325 with any questions or comments.</p>		<p>1 Fruit Cup Roasted Chicken Thighs Wild Rice Peas & Carrots Pudding Egg Salad on Wheat</p>	<p>2 Black Bean Soup Cuban Sandwich on Rye Cole Slaw Sweet Potato Fries Angel Food Cake w/Fruit Seafood Salad on Wheat</p>
<p>5 100 % Fruit Juice Breaded Chicken Cutlet & Gravy Mashed Potatoes Baby Carrots/Whole Grain Roll Apple Turnover Ham & Swiss on Wheat</p>	<p>6 Cream of Broccoli Soup Pasta w/Bolognese Sauce Zucchini Sliced Melon Turkey & Cheese on Wheat</p>	<p>7 BIRTHDAY PARTY Strawberry Mango Salad Roast Beef w/Mushroom Gravy Roasted Potato Green Beans/Whole Grain Roll Cake Chicken Salad on Wheat</p>	<p>8 Minestrone Soup Pulled Pork Sandwich w/Roll Baked Beans Tossed Salad Pudding Chef Salad</p>	<p>9 Clam Chowder Fish Sandwich w/Whole Grain Roll Cole Slaw & French Fries Jell-O Spinach salad</p>
<p>12 Fruit Cup Baked Mac & Cheese w/Ham Roasted Brussel Sprouts Whole Grain Roll Fruit Bar Roast Beef on Wheat</p>	<p>13 Escarole & Bean Soup Veal w/Peppers & Mushrooms Wild Rice Pound Cake w/Fruit Greek Salad w/Chicken</p>	<p>14 Fruit Cup Turkey Chili w/Beans Rice Pilaf Broccoli Jell-O BLT on Wheat</p>	<p>15 HOLIDAY MEAL Italian Wedding Soup Roast Pork Loin w/Gravy Mashed Sweet Potatoes Green Beans w/ Stewed Tomato & Roll Holiday Pastries</p>	<p>16 Vegetable Soup Red Beans w/Rice & Sausage Tossed Salad Whole Grain Biscuit Pudding Chicken Caesar Salad</p>
<p>19 Lentil Soup Open Shepard's Pie Mixed Vegetables Whole Grain Biscuit Apple Turnover Cobb Salad</p>	<p>20 Fruit Cup Beef Stew w/Potato, Carrot & Peas Whole Grain Biscuit Sliced Melon Tuna Salad on Wheat</p>	<p>21 Vegetable Soup Meatball & Sausage Grinder w/Roll Caesar Salad Pudding Turkey & Swiss on Wheat</p>	<p>22 Ramen Noodle Soup Orange Chicken Vegetable Lo Mein Egg Roll Fruit Bar Chicken Salad on Wheat</p>	<p>23 *Serving at 11 am Today* Fresh Fruit Scrambled Eggs Bacon & Sausage Home Fries Whole Grain Croissant</p>
<p>26 Closed</p>	<p>27 Chicken Soup American Chop Suey Spinach Salad Fruit Bar Egg Salad on Wheat</p>	<p>28 Cottage Cheese w/Fruit Roasted Chicken Leg Quarter Roasted Potatoes Peas & Whole Grain Roll Pudding Seafood Salad on Wheat</p>	<p>29 Navy Bean Soup Pub Burger w/Cheese Wheat Roll 3-Bean Salad & Oven Fries Cake Chef Salad</p>	<p>30 Fresh Fruit Scrambled Eggs Corned Beef Hash w/Potatoes Whole Grain Muffin</p>