

# November 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>WESTBAY COMMUNITY ACTION</b> Funded in part by the U.S. Administration of Aging (AOA) and state funds through the RI Office of Healthy Aging. Our meals are created by Encore Catering of Warwick, RI. Please contact the Senior Center Staff with any questions or comments.				<b>Suggested donation is \$3.00 per meal</b> Thank you for your donations. Donations help to maintain the meal program.		<i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i> <b>Nutrition Info Per Meal</b> Calories: 700+ Fat: 21g+ Sodium: under 750mg		1 Chicken & Escarole Soup Sloppy Joe on Wheat Roll Three Bean Salad Chips Fruit Cup Turkey Club	
4	Vegetable Noodle Soup Saucy BBQ Chicken Thigh Roasted Potato Sliced Carrots Brownies Ham and Provolone on Wheat	5	Lentil Soup Ravioli with Meat sauce Roasted Zucchini w/Stewed Tomatoes/Italian Bread Pineapple Upside Down Cake Tuna Salad Plate	6	Fruit Salad Breakfast Tacos (Eggs, Cheese, Sausage) Whole Wheat Tortilla Fresh Tomato Salsa Black Beans/Home Fries Cheeseburger	7	Chicken Soup Meatball Stroganoff Buttered Pasta Green Beans Fruit Cup Chef Salad	8	<a href="#">VETERANS DAY MEAL</a> Tomato Soup Rolled Beef w/Seafood Stuffing Gravy, Mashed Potato Wax Beans Eclairs Chicken Salad on Wheat Roll
11	MEAL SITES CLOSED 	12	Cream of Mushroom Soup Open Face Chili Burger Whole Wheat Roll w/Cheese/Cole Slaw Jell-O Tuna Salad Club	13	Fruit Cup Chicken Stew Caprese Salad Whole Grain Biscuit Pudding Pastrami Rubeen on Rye	14	Minestrone Soup Pork Loin Pot Roast w/Gravy Mashed Potato Baby Carrots Cookies Seafood Salad Plate	15	Escarole and Bean Soup Cod Piccata Wild Rice Florentine (WG) Peas Fruit Cup Roast Beef on Bulkie
18	Mushroom Barley Soup Open Shepherd's Pie Mashed Potato Whole Wheat Roll Coffee Cake Cobb Salad	19	<a href="#">BIRTHDAY PARTY MEAL</a> Chicken and Rice Soup Fried Chicken Spinach Corn Bread Cupcakes Meatball Grinder	20	Kale and Bean Soup Fish and Chips Pasta Salad w/Vegetables Whole Wheat Roll Fruit Cup BBQ Chicken Sandwich	21	<a href="#">THANKSGIVING MEAL</a> Italian Wedding Soup Turkey w/Gravy, Roasted Potato, Stuffing, Cranberry Sauce, Roasted Root Veggies Whole Wheat Roll Holiday Pies	22	Vegetable Noodle Soup Spaghetti w/Sausage & Meatball Tossed Salad / Italian Bread Fruit Cup Greek Salad w/Chicken
25	Cream of Broccoli Soup Lemon Chicken Thigh w/Gravy Wild Rice (WG) Mix Vegetables Brownies Egg Salad on Wheat	26	White Bean Soup Baked Ham w/Gravy Mashed Potatoes Peas and Onions Fruit Cup Chicken Cesar Salad	27	Chicken Vegetable Soup Beef and Broccoli Vegetable Lo Mein Eggroll Lorna Doone Cookie Italian Grinder	28		29	MEAL SITES CLOSED