

All menu items may contain
Nuts, seeds, beans, wheat
bran, and other allergens

December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hanukkah Meal Vegetable Soup Beef Brisket Potato Pancakes Roasted Zucchini Coffee Cake Chicken Salad on Wheat Roll	4 Cream of Broccoli Soup BBQ Chicken Thighs Macaroni Salad Spinach Fruit Salad Roast Beef on Bulkie	5 BIRTHDAY PARTY Minestrone Soup Roasted Pork Loin w/Gravy Scalloped Potatoes Peas and Onions Cup Cakes Cheeseburger on Wheat Roll	6 Cream of Mushroom Soup Oven Fried Chicken Parmesan Cold Pesto Pasta Wax Beans/ Whole Wheat Roll Pound Cake Tuna Salad on Wheat Roll	7 Roasted Cauliflower Soup Wheat Pasta Bolognese Tossed Salad Garlic Bread Fruit Cup Chef Salad
10 Lentil Soup Meatball & Pepper Sandwich on Whole Wheat Roll Three Bean Salad/ Chips Brownie Ham & Swiss on Wheat	11 Chicken Escarole Soup Mac&Cheese w/ Ham & Peas Roasted Carrot&Cauliflower Oatmeal Raisin Cookie Greek Salad w/Chicken	12 Split Pea Soup Sloppy Joe on Wheat Roll Brussel Sprouts Roasted Potato Fruit Salad Seafood Salad on Wheat Roll	13 HOLIDAY MEAL Kale and Bean Soup Stuffed Chicken Breast w/ Gravy Mashed Potatoes Italian Green Beans Eclairs	14 Corn Chowder German Sausage w/ Sauerkraut and Potatoes Green Beans/Wheat Roll Fruit Cup Corned Beef Rueben
17 Tomato Soup Hot Dog (LS) and Beans Cole Slaw Brown Bread Lorna Doone Cookies Egg Salad on Wheat	18 Tossed Salad Beef Stew w/ Potatoes & Vegetables Whole Grain Biscuit Lemon Square Turkey Club on Wheat	19 White Bean Soup Chicken Fajitas w/ Sour Cream Black Bean Salad / Rice Whole Grain Tortilla Fresh Fruit Italian Grinder	20 Pasta Faggioli Eggplant Parmesan Roasted Chicken Leg Mixed Vegetable Pudding Meatball Grinder	21 Chicken Barley Soup Lasagna Primavera Roasted Eggplant Italian Bread/Pudding Seafood Salad Plate
24 ****Served at 10am**** Fresh Fruit Scrambled Eggs Bacon & Sausage Home Fries Whole Grain Waffle w/Syrup	25 <p style="text-align: center;">Closed</p>	26 Tortellini Soup Pub Cheeseburger on Whole Wheat Roll / French Fries Broccoli /Fruit Cup Cobb Salad	27 Italian Wedding Soup Beef Bracciole Roasted Potato Baby Carrots / Pastry Turkey & Swiss on Wheat Roll	28 NE Clam Chowder Fish & Chips Baked Beans Brownie Chicken Sandwich on Wheat
31 NEW YEAR'S CELEBRATION 100% Fruit Juice Omelets Corned Beef Hash w/Potatoes Whole Grain French Toast w/Syrup	Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¾ cup Vegetable – ¾ cup Dairy – 1 cup	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 Jennifer Veltri at Westbay CAP at (401) 732-4660 Ext 325 with any questions or comments.		Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.