

DECEMBER 2023 MENU

Suggested donation is \$3.00 per meal. Thank you for your donation!

**Funded in part by the United States Administration on Aging
and state funds by the Rhode Island Office of Healthy Aging.**


MENU SUBJECT TO CHANGE

Meals are served at the Swift Community Center, Monday - Friday at noon.

Meal site orders must be submitted by noon on Wednesday for the following week.

To place an order for lunch, please call Judy at 886-8669, ext. 2.

Our meals are created by Encore Catering in Warwick.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies.</u></p>	<p><u>SERVING SIZES:</u> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>			<p>1 Split Pea Soup Potato Crusted Fish Mixed Vegetables Spanish Rice Roll & Fruit (Roast Beef on Roll)</p>
<p>4 Cauliflower Soup Meatball Sandwich Roasted Yellow Squash Rice Salad Roll & Cake (Egg Salad on Wheat)</p>	<p>5 Fresh Fruit Cup Texas Style Chili Tossed Salad White Rice Corn Muffin & Cookie (Seafood Salad Sandwich)</p>	<p>6 Tomato Navy Bean Soup French Onion Chicken Sweet Potatoes Broccoli Florets Roll & Cookie (Turkey Sandwich)</p>	<p>7 Minestrone Soup Salisbury Steak Mashed Potatoes Baby Carrots Roll & Peaches (Chicken Salad Plate)</p>	<p>8 Corn Chowder Beef with Broccoli & Mushrooms Roasted Potatoes Green Beans Roll & Cookie (Chicken Waldorf Salad)</p>
<p>11 Tomato Soup Sausage & Pepper Sandwich Green Bean Salad Potato Chips Roll & Pears (Turkey Sandwich)</p>	<p>12 Barley Soup Beef & Mushroom Gravy Mashed Potatoes Zucchini & Tomatoes Roll & Cake (Corned Beef on Rye)</p>	<p>13 Escarole Bean & Sausage Soup Veal Patty Parmesan Wax & Green Beans Spanish Rice, Roll & Fruit (Chicken Waldorf Salad Plate)</p>	<p>14 HOLIDAY MEAL! TICKET REQUIRED Italian Wedding Soup Pork Tenderloin Rice Pilaf Roasted Vegetables Roll & Cupcake</p>	<p>15 Chicken Soup Sloppy Joe Cole Slaw Pasta Salad Roll & Cake (Roast Beef Sandwich)</p>
<p>18 Vegetable Soup Swedish Meatballs Mashed Potatoes Baby Carrots & Fruit (Seafood Salad Sandwich)</p>	<p>19 Tomato Soup Roasted Chicken Thighs Sweet Potatoes Peas Roll & Cookie (Chicken Sandwich)</p>	<p>20 Vegetable Lentil Soup Baked Manicotti Roasted Potatoes Mixed Vegetables Roll & Fruit (Chicken Salad on Rye)</p>	<p>21 Italian Wedding Soup Ham with Gravy Green Beans Mashed Potatoes Roll & Dessert (Ham Sandwich)</p>	<p>22 MEAL AT 10:30 A.M. CLOSING AT NOON Fruit Cup Scrambled Eggs Bacon & Sausage Home Fries Blueberry Muffin</p>
<p>25 CLOSED ENJOY THE HOLIDAY!</p> 	<p>26 Chicken Soup Cheeseburger Potato Wedges Cole Slaw Jello (Tuna Salad Plate)</p>	<p>27 Potato & Leek Soup Chicken Teriyaki Vegetable Fried Rice Stir Fry Vegetables Fruit (Salad with Chicken)</p>	<p>28 Minestrone Soup Meatloaf with Gravy Mashed Potatoes Corn Roll & Cake (Chef Salad)</p>	<p>29 MEAL AT 10:30 A.M. CLOSING AT NOON Fresh Fruit Cheese Omelet Sliced Ham Home Fries Baked Beans & Muffin</p>