

# DECEMBER 2021 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><b><u>All menu items may contain nuts, seeds, beans, wheat bran &amp; other allergens. Please inform our staff of any food allergies when placing your order.</u></b></p>	<p><b><u>SERVING SIZES:</u></b>  <b>Dairy - 1 cup</b>  <b>Fruits - 3/4 cup</b>  <b>Vegetables - 3/4 cup</b>  <b>Grains - 2 ounces</b>  <b>Protein - 3 ounces (cooked)</b></p>	<p><b>1</b>  Mushroom Barley Soup  Meatball Grinder  Roasted Zucchini &amp; Carrots  Multi Grain Roll  Apple Slices  (Egg Salad on Rye)</p>	<p><b>2</b>  Vegetable Soup  Stuffed Meatloaf  Mashed Potatoes  Green Beans &amp; Roll  Sliced Pears  (Chicken Salad on Wheat Bread)</p>	<p><b>3</b>  Kale &amp; Bean Soup  Baked Fish  Brown Rice Pilaf  Mixed Vegetables  Cookie  (Ham &amp; Swiss on Wheat Roll)</p>
<p><b>6</b> Minestrone Soup  Shepard's Pie  Mashed Potatoes  Whole Wheat Roll  Cubed Melon  (Chicken Sandwich on Wheat Roll)</p>	<p><b>7</b> Tomato Soup  Baked Chicken  Mixed Vegetables  Sweet Potatoes  Pudding  (Ham Salad on Wheat Roll)</p>	<p><b>8</b> Split Pea Soup  Steak &amp; Potatoes with Garlic  Sliced Carrots  Multi Grain Roll  Sliced Peaches  (Turkey on Rye Bread)</p>	<p><b>9</b> Beef Lentil Soup  Chicken Parmesan  Cauliflower &amp; Broccoli  Roasted Potatoes  Italian Bread  Brownie  (Seafood Salad on Rye)</p>	<p><b>10</b> Chicken Soup  Sloppy Joe  Cole Slaw  Potato Wedges  Multi Grain Roll  Sugar Cookie  (Egg Salad on Wheat)</p>
<p><b>13</b> Broccoli Soup  Mixed Greens &amp; Tomatoes  Lasagna Roll-up  Yellow Cake  (Seafood Salad on Wheat Bread)</p>	<p><b>14</b> Navy Bean Soup  Beef Tacos  Whole Grain Tortilla  Roasted Corn Salsa, Sour Cream, Lettuce, Tomato &amp; Dessert  (Tuna Salad on Rye)</p>	<p><b>15</b> Chicken Soup  Swedish Meatballs  Mashed Potatoes  Mixed Vegetables  Biscuit &amp; Cookie  (Salami &amp; Cheese on Wheat Roll)</p>	<p><b>16 Holiday Luncheon Ticket Required</b>  Sweet Potato Bisque  Stuffed Pork Loin  Roasted Potatoes  Peas, Carrots &amp; Roll  Holiday Dessert</p>	<p><b>17</b>  Red Clam Chowder  Baked Fish  Rice Pilaf  Broccoli Florets  Fresh Fruit  (Egg Salad on Wheat)</p>
<p><b>20</b>  Chicken Noodle Soup  Baked Ziti with Sausage, Meatballs &amp; Cheese  Broccoli &amp; Garlic Bread  Fresh Fruit  (Ham &amp; Cheese on Rye)</p>	<p><b>21</b>  Tomato Soup  Chicken Cacciatore  Fingerling Potatoes  Green Beans &amp; Roll  Pudding  (Egg Salad on Wheat)</p>	<p><b>22</b> Vegetable Soup  Tossed Salad  Sausage &amp; Pepper Sandwich on a Roll  Sliced Apples  (Chicken Salad on Wheat Bread)</p>	<p><b>23</b> Pasta &amp; Bean Soup  Chicken Cordon Bleu  Brown Rice Pilaf  Zucchini  Brownie  (Turkey &amp; Provolone on Wheat Bread)</p>	<p><b>24</b>  <b>BRUNCH AT 10:45 AM</b>  Orange Juice  Scrambled Eggs  Home Fries  Mini Bagel  Fresh Fruit</p>
<p><b>27</b>  <b>CLOSED</b>  <b>HAPPY</b>  <b>HOLIDAYS!</b></p>	<p><b>28</b> Apple Juice  Beef Stew  Tossed Salad  Wheat Roll  Brownie  (Salami &amp; Cheese on Wheat Roll)</p>	<p><b>29</b> Lentil Soup  Chicken Fajita with Peppers &amp; Onions  Brown Spanish Rice  Fruit Salad  (Tuna Salad on Wheat Roll)</p>	<p><b>30</b> Tomato Soup  Salisbury Steak  Mashed Potatoes  Peas &amp; Carrots  Wheat Roll  Coffee Cake  (Seafood Salad on Rye)</p>	<p><b>31</b>  <b>BRUNCH AT 10:45 AM</b>  Orange Juice  Cheese Omelet  Home Fries  Corn Bread  Apple Slices</p>