

FEBRUARY 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
		1 Chicken Noodle Soup Meatball Sandwich Sautéed Spinach Roasted Potatoes Wheat Roll & Fruit (Chicken Salad on Rye)	2 Tomato Soup Meatloaf Green Beans Mashed Potatoes Roll & Cookie (Caesar Salad with Chicken)	3 Kale & Bean Soup Stuffed Fillet of Sole Peas & Onions Rice Pilaf Wheat Roll & Fruit (Chef Salad)
6 Minestrone Soup Chicken Francese Mixed Vegetables Roasted Potatoes Roll & Fruit (Spinach Salad with Chicken)	7 Tomato Soup Baked Chicken Potatoes O'Brien Carrots & Garlic Bread Pudding (Salami, Ham & cheese on Wheat Roll)	8 Mushroom Barley Soup Shepherd's Pie Mashed Potatoes Sliced Pears & Roll (Caesar Salad with Chicken)	9 TICKET REQUIRED Lentil Soup Roast Pork with Gravy Zucchini Sweet Potatoes  Wheat Roll Cupcake	10 Cream of Broccoli Soup Chicken Cacciatore Green Beans Baked Potato Roll & Fruit (Cobb Salad)
13 Tomato Soup Pepper Steak Zucchini & Carrots Mashed Potatoes Italian Bread Cookie (Chef Salad)	14 Navy Bean Soup Sausage & Peppers with Potatoes Mixed Vegetables Garlic Bread & Fruit (Chicken Sandwich on Wheat Roll)	15 Mushroom Soup Sloppy Joe Cole Slaw & Pasta Salad Wheat Roll & Cookie (Turkey & Swiss on Wheat)	16 Chicken Soup Balsamic Pork Loin Potato Wedges Buttered Corn Mixed Fruit & Roll (Spinach Salad with Chicken)	17 Kale & Bean Soup Baked Chicken Roasted Potatoes Wheat Roll Fruit (Tuna Salad Plate)
20 CLOSED IN OBSERVANCE OF PRESIDENTS DAY	21 Lentil Soup Chicken Fajita with Peppers & Onions Spanish Rice Tortilla & Sour Cream Pudding (Egg Salad on Roll)	22 Tomato Soup Swedish Meatballs Mashed Potatoes Sliced Carrots Slice of Bread & Fruit (Seafood Salad Plate)	23 Minestrone Soup BBQ Pulled Pork Sandwich Cole Slaw Sweet Potatoes Wheat Roll & Cookie (Corned Beef on Rye)	24 Chicken Soup Tossed Salad Baked Rigatoni with Sausage & Meatballs Garlic Bread & Fruit (Tossed Salad with Chicken)
27 Beef Soup Chicken Scarpariello with Sausage/Potatoes Mixed Vegetables Wheat Roll & Fruit (Chicken Sandwich on Wheat Roll)	28 Mushroom Soup Tossed Salad Chicken with Gravy Mixed Vegetables Cookie (Seafood Salad on Wheat Roll)		SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)	All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies