

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.</p>	<p>Grab N' Go Meals are available as the second option. Will include a side, fruit & Chips.</p>	<p>Funded in part by the U.S. Administration on Aging and state funds through the Rhode Island Office of Healthy Aging.</p>		<p>1 Escarole & Bean Soup Tossed Salad Chicken Cacciatore w/ peppers, onions, mushrooms Roasted Potatoes WW Roll Fruit Grab N' Go: Ham Salad on Rye Bread</p>
<p>4 Minestrone Soup Fresh fruit Lasagna Roll up w/meat sauce Green beans WW Roll/ Jello Grab N' Go: Turkey w/ bacon on WW bread</p>	<p>5 Voting Poll  Senior Center Closed</p>	<p>6 Lentil Soup Beef W/ Broccoli & Mushrooms Roasted Potatoes Sliced Carrots Garlic Bread Pudding Grab N' Go: Turkey on Rye Bread</p>	<p>7 Community Cookout Academy Field Behind Swift Gym 12:30-2:00 Ticket required</p>	<p>8 Clam Chowder (Red) Baked Fish Provençal Sweet Potato WW Roll Melon Grab N' Go: Chicken Salad on Wheat Roll</p>
<p>11 </p>	<p>12 Chicken Soup Chicken Francese Roasted Potato Mixed Vegetable WW Roll Fresh Fruit Grab N' Go: Turkey & Swiss on Rye</p>	<p>13 Tomato & Cucumber Salad Steak & Potatoes w/ Garlic Butter Baby Carrots w/ green beans WW Roll Lorna Doone Cookie Grab N' Go: Ham Salad on Wheat Roll</p>	<p>14 Mushroom Barley Soup BBQ Pulled Pork Sandwich on WW Roll Cole Slaw Fresh fruit Grab N' Go: Tuna on Wheat Roll</p>	<p>15 Clam Chowder (White) Baked Fish w/ Lemon Butter Rice Pilaf Broccoli Florets Fresh Fruit Grab N' Go: BBQ Chicken sandwich on Wheat Roll</p>
<p>18 Chicken Escarole Soup Chicken Parm Mixed vegetable Wheat Roll Fresh Fruit Grab N' Go: Ham & Swiss Sandwich on Rye</p>	<p>19 Mixed fruit cup Hamburger Steak w/ Gravy Broccoli Potato wedges Wheat Roll Cake Grab N' Go: Seafood Salad on Wheat Roll</p>	<p>20 Pasta & Bean Soup Stuffed Shells Roasted potato Sliced carrots Italian Bread Pudding Grab N' Go: Egg Salad on Wheat</p>	<p>21 Split Pea Soup Open Turkey Sandwich Stuffing/ Gravy Cole Slaw Wheat Bread Oatmeal Cookie Grab N' Go: Turkey & Swiss on Wheat Roll</p>	<p>22 Tomato Soup Meatball Grinder on WW Roll French Fries Roasted Zucchini Fruit Grab N' Go: Chicken salad on Rye</p>
<p>25 Minestrone Soup Pub Burger w/Cheese on WW Roll Mixed Vegetable Seasonal Melon Grab N' Go: Turkey & Swiss on Wheat</p>	<p>26 Chicken Stew Tossed salad Fresh fruit WW Roll Lorna Doone Cookie Grab N' Go: Salami & Cheese on WW Roll</p>	<p>27 Beef Barley Soup Sloppy Joe on WW Roll Roasted Potato Cucumber & Pea Salad Cookie Grab N' Go: Seafood Salad on Wheat</p>	<p>28 Vegetable Soup Stuffed Chicken Breast w/ Cranberry Sauce Mashed Potato WW Roll / Roasted Zucchini Cupcake Grab N' Go: Egg Salad on Rye Bread</p>	<p>29 Greek Cucumber Salad Baked Rigatoni Roasted Green Beans WW Roll/ Fresh Fruit Grab N' Go: Tuna Sandwich on WW Bread</p>