

JULY 2022 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 when placing an order.</u></p>	<p>SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>			<p>1 Chili BBQ Style Riblet Pasta Salad Cole Slaw & Roll Dessert (Seafood Salad Plate)</p>
<p>4 CLOSED HAPPY 4th OF JULY!</p> 	<p>5 Tomato Soup Sausage & Peppers with Potatoes Garlic Bread & Cookie (Greek Salad with Chicken)</p>	<p>6 Greek Tomato Salad Sloppy Joe on a Wheat Roll Roasted Potatoes Fruit (Turkey Club)</p>	<p>7 Chicken Soup Stuffed Pork Chop Sweet Potatoes Mixed Vegetables Roll & Cake (Chef Salad)</p>	<p>8 Red Clam Chowder Cheeseburger with Lettuce & Tomato Wheat Roll Fruit (Spinach Salad)</p>
<p>11 Navy Bean Soup Meatball Sandwich on a Roll Green Beans Pudding (Cobb Salad)</p>	<p>12 Tossed Garden Salad Beef Stew Multi-Grain Roll Mixed Fruit Cookie (Italian Grinder)</p>	<p>13 Spinach Salad with Cranberries Baked Pasta with Sausage and Meatballs Roasted Zucchini Garlic Bread & Fruit (Chicken Sandwich)</p>	<p>14 Chicken Soup Meatloaf Sweet Potatoes Roll Brownie (Turkey Club)</p>	<p>15 Greek Cucumber Salad Herb Roasted Chicken Italian Green Beans Roll & Sliced Pears (Seafood Salad on Wheat)</p>
<p>18 Escarole & Bean Soup Chicken Pot Pie Masked Potatoes Multi-Grain Roll Fruit (Sausage Sandwich)</p>	<p>19 Caprese Pasta Salad Beef Cacciatore Rice Pilaf Mixed Vegetables Cake (Turkey Wrap)</p>	<p>20 Greek Cucumber Salad Pork Roast with Gravy Sliced Carrots Potato Roll & Fruit (Chicken Sandwich on Wheat Roll)</p>	<p>21 Minestrone Soup Sausage & Pepper Sandwich Potato Salad Roll & Cookie (Corned Beef on Rye)</p>	<p>22 Chicken Soup Stuffed Shells Italian Bread Green Beans Pudding (Seafood Salad on Multi-Grain)</p>
<p>25 Asian Noodle Salad Hot Dog Baked Beans Roasted Vegetables Fruit (Ham & Cheese Club)</p>	<p>26 Lentil Soup Tossed Salad Lasagna Roll-up with Meat Sauce Garlic Bread & Fruit (Hamburger)</p>	<p>27 Tomato Soup Sautéed Beef with Mushrooms Mashed Potatoes Baby Carrots & Roll Cookie (Chicken Salad on Wheat)</p>	<p>28 Chickpea Salad Open Turkey Sandwich with Gravy Stuffing & Sweet Corn Fruit (Chef Salad)</p>	<p>29 Chicken Soup Braised Pork in Sweet Soy Sauce Steamed Rice Roasted Vegetables Brownie (Tuna Salad Plate)</p>