

# JUNE 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><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 an 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> Barley Soup Sausage &amp; Pepper Sandwich Potato Salad Wheat Roll &amp; Cookie (Chicken Sandwich on Wheat Roll)</p>	<p><b>2</b> Orzo Pasta Salad Grilled Chicken Sweet Potatoes Cole Slaw Rye Bread &amp; Fruit (Turkey on Rye Bread)</p>	<p><b>3</b> Asian Noodle Salad Potato Crusted Fish Creamed Spinach Rice Pilaf Sliced Pears (Seafood Salad on Wheat Roll)</p>
<p><b>6</b> Chicken Soup Meatball Sandwich Zucchini &amp; Carrots Multi-Grain Roll Apples Slices (Egg Salad on Wheat Bread)</p>	<p><b>7</b> Chickpea Salad American Chop Suey Wax Beans Garlic Bread Oatmeal Cookie (Salami, Ham &amp; Cheese on Wheat Roll)</p>	<p><b>8</b> Vegetable Soup Chicken Scallopini Mashed Potatoes Sliced Carrots Wheat Roll &amp; Fruit (Turkey on Rye Bread)</p>	<p><b>9</b> Tomato Soup Beef Patty with Onion &amp; Mushroom Gravy Peas &amp; Carrots Roll &amp; Sliced Peaches (Ham &amp; Cheese on Wheat Bread)</p>	<p><b>10</b> Vegetables Two Slices of Pizza Dessert</p>
<p><b>13</b> Chopped Salad Pub Cheeseburger Cole Slaw Wheat Roll &amp; Cookie (Ham &amp; Swiss on Wheat)</p>	<p><b>14</b> Navy Bean Soup Chicken Vesuvio Peas, Potatoes &amp; Mushrooms Wheat Roll Pudding (Egg Salad on Rye)</p>	<p><b>15</b> Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots &amp; Bread Sliced Fruit (Salami &amp; Cheese on Wheat Roll)</p>	<p><b>16</b> <b>TICKET REQUIRED</b> Chicken Soup Smoked Pork Loin Roast Sweet Potatoes Mixed Vegetables Roll &amp; Cake (Turkey on Bread)</p>	<p><b>17</b> Greek Salad Herb Roasted Chicken Italian Green Beans Wheat Roll Sliced Pears (Seafood Salad on Wheat)</p>
<p><b>20</b> Vegetable Soup Breaded Chicken with Gravy Sweet Potatoes Wax Beans Roll &amp; Pudding (Egg Salad on Roll)</p>	<p><b>21</b> Lentil Soup Eggplant Bolognese Rice Pilaf Carrots &amp; Zucchini Fruit (Turkey on Multi-Grain)</p>	<p><b>22</b> Greek Cucumber Salad Chicken Cacciatore Roasted Potato Salad Garlic Bread &amp; Fruit (Chicken Sandwich on Wheat Roll)</p>	<p><b>23</b> Minestrone Soup Pot Roast with Gravy Mixed Vegetables Mashed Potatoes Roll &amp; Oatmeal Cookie (Corned Beef on Rye)</p>	<p><b>24</b> Caprese Pasta Salad Baked Chicken Roasted Potatoes Green Beans Garlic Bread &amp; Pudding (Seafood Salad on Multi Grain)</p>
<p><b>27</b> Mediterranean Salad Sloppy Joe on Wheat Roll Roasted Vegetables Fruit (Egg Salad on Wheat)</p>	<p><b>28</b> Tomato Salad Chicken Marsala Rice Pilaf Mixed Vegetables Fruit (Ham Salad on Multi Grain Bread)</p>	<p><b>29</b> Tomato Soup Sauteed Beef with Mushrooms Potatoes &amp; Carrots Roll &amp; Cookie (Chicken Salad on Wheat Bread)</p>	<p><b>30</b> Onion Soup Balsamic Pork Tenderloin Green Beans &amp; Carrots Wheat Roll &amp; Cake (Turkey on Wheat Wrap)</p>	