

# MARCH 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
<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</b>  <b>(cooked)</b></p>	<p><b><u>All menu items may contain nuts, seeds, beans, wheat bran &amp; other allergens.</u></b>  <b><u>Please inform our staff of any food allergies</u></b></p>	<p><b>1</b>            Tomato Soup            Cheeseburger on Wheat Roll            Roasted Potatoes            Cole Slaw            (Chicken Salad on Rye)</p>	<p><b>2</b> Chicken Soup            Meatloaf with Gravy            Mashed Potatoes            Peas &amp; Carrots            Roll &amp; Cookie            (Romaine Salad with Chicken)</p>	<p><b>3</b>            Kale &amp; Bean Soup            Baked Fish with Lemon            Rice Pilaf            Baby Carrots            Wheat Bread &amp; Fruit            (Chef Salad)</p>
<p><b>6</b> Minestrone Soup            Shepard's Pie            Mashed Potatoes            Mixed Vegetables            Roll &amp; Pudding            (Spinach Salad with Chicken)</p>	<p><b>7</b> Tomato Soup            Baked Chicken            Rice Pilaf            Green Beans            Bread &amp; Fruit            (Salami, Ham &amp; Cheese on Wheat Roll)</p>	<p><b>8</b>            Mushroom Barley Soup            American Chop Suey            Zucchini &amp; Baby Carrots            Wheat Roll            Cookie            (Turkey Club)</p>	<p><b>9</b>            Vegetable Soup            Chicken Parmesan            Potato Wedges            Mixed Vegetables            Roll &amp; Cake            (Antipasto Salad)</p>	<p><b>10</b>            Red Clam Chowder            Baked Fish with Sautéed Vegetables            Rice Pilaf            Bread &amp; Fruit            (Cobb Salad)</p>
<p><b>13</b>            Tomato Soup            BBQ Chicken Sandwich            Pasta Salad            Cole Slaw            Wheat Roll &amp; Cookie            (Chef Salad)</p>	<p><b>14</b> Navy Bean Soup            Stuffed Shell            Mixed Vegetables            Garlic Bread            Mixed Fruit            (Chicken Sandwich on Wheat Roll)</p>	<p><b>15</b> Chicken Soup            Sloppy Joe            Potato Salad            Three Bean Salad            Wheat Roll &amp; Cookie            (Turkey and Swiss on Wheat Roll)</p>	<p><b>16</b> <b>TICKET REQUIRED</b>            Split Pea Soup             Corned Beef            Cabbage &amp; Carrots            Boiled Potatoes            Irish Soda Bread            Cake</p>	<p><b>17</b>            Kale &amp; Bean Soup            Baked Cod            Spanish Rice            Peas &amp; Onions            Fruit Salad            (Tuna Salad Plate)</p>
<p><b>20</b>            Beef Barley Soup            Chicken Leg Quarter            Sweet Potatoes            Creamed Spinach            Roll &amp; Brownie            (Cobb Salad)</p>	<p><b>21</b>            Lentil Soup            Braised Beef            Mashed Potatoes            Sliced Carrots            Roll &amp; Pudding            (Egg Salad on Roll)</p>	<p><b>22</b>            Tomato Soup            Swedish Meatballs            Zucchini &amp; Carrots            Rice Pilaf            Bread &amp; Fresh Fruit            (Seafood Salad Plate)</p>	<p><b>23</b> Minestrone Soup            BBQ Pulled Pork            Sandwich            Baked Beans            Cole Slaw            Wheat Roll &amp; Cookie            (Meatball Sandwich)</p>	<p><b>24</b>            White Clam Chowder            Fish Cake            Spanish Rice            Mixed Vegetables            Sliced Bread &amp; Fruit            (Chicken Salad Plate)</p>
<p><b>27</b>            Potato Leek Soup            Chicken Cacciatore            Rice &amp; Black Beans            Wheat Roll &amp; Fruit            (Chicken Sandwich on Wheat Roll)</p>	<p><b>28</b>            Brunswick Stew            Corn Bread            Cole Slaw            Mixed Fruit            (Seafood Salad on Wheat Roll)</p>	<p><b>29</b>            Mushroom Barley Soup            Lasagna Roll-up            Garlic Bread            Green Beans            Cake            (Turkey &amp; Swiss on Rye)</p>	<p><b>30</b> Chicken Soup            Salisbury Steak with Gravy            Mashed Potatoes            Baby Carrots            Wheat Roll &amp; Fruit            (Egg Salad Plate)</p>	<p><b>31</b> Tomato Soup            Mediterranean            Baked Fish            Rice Pilaf            Green Beans            Wheat Roll &amp; Cookie            (Cobb Salad)</p>