

MARCH 2024 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
	<u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies.</u>	<u>SERVING SIZES:</u> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)		1 Tomato Soup Beer Battered Fish Rice Pilaf Green Beans Wheat Bread Fruit (Roast Beef on Roll)
4 Vegetable Soup Chicken Cordon Bleu Rice Florentine Sautéed Vegetables Roll & Pudding (Seafood Salad on Wheat)	5 Chicken Escarole Soup Top Sirloin Roast Roasted Potatoes Zucchini & Tomatoes Wheat Roll & Jello (Chef Salad)	6 Vegetable Lentil Soup Roasted Chicken Thighs Green Beans Wheat Roll & Fruit (Turkey & Swiss Sandwich)	7 Kale & Bean Soup Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Roll & Cake (Chicken Salad Plate)	8 Cauliflower Soup Potato Crusted Fish Rice Pilaf Peas & Carrots Roll & Fruit (Tuna Salad Plate)
11 Chicken Soup Lasagna Roll-up with Meat Sauce Italian Vegetables Garlic Bread Fruit (Egg Salad Sandwich)	12 Navy Bean Soup Chicken Francese Green Beans Stewed Tomatoes Spanish Rice & Cookie (Seafood Salad Sandwich)	13 Vegetable Barley Soup American Chop Suey Roasted Yellow Squash Roll & Fruit (Spinach Salad with Chicken)	14 TICKET REQUIRED Irish Potato Soup  Corned Beef Cabbage & Carrots Boiled Potatoes Irish Soda Bread Brownie	15 Red Clam Chowder Baked Fish Cole Slaw Rice Pilaf Roll & Pudding (Tuna Salad Plate)
18 Minestrone Soup Baked Chicken Topped with Eggplant Roasted Potatoes Roll & Cookie (Roast Beef on Roll)	19 Vegetable Barley Soup Pub Cheeseburger Roasted Potatoes Cole Slaw Roll & Pudding (Chicken Salad on Rye)	20 Chicken & Rice Soup Pork Roast with Gravy Mixed Vegetables Mashed Potatoes Fruit & Roll (Greek Salad with Chicken)	21 Escarole & Bean Soup Veal & Pepper Sandwich Vegetable Salad Roll Fruit (Tuna Sandwich)	22 French Onion Soup Fish Filet Sandwich Cole Slaw Potato Wedges Roll & Cookie (Chef Salad)
25 Chicken Soup Shepherd's Pie Mashed Potatoes Roll & Pudding (Turkey Sandwich on Wheat Roll)	26 Turkey Soup Meatball Sandwich Three Bean Salad Roll Cake (Cobb Salad)	27 Tomato Soup Crustless Chicken Pot Pie Mashed Potatoes Roll Fig Newton (Corned Beef on Rye)	28 Vegetable Lentil Soup Baked Ham with Gravy Mashed Potatoes Mixed Vegetables Roll & Rice Pie (Ham & Swiss Sandwich)	29 Fish Chowder Fish Cakes Rice Pilaf Sliced Carrots Roll & Fruit (Egg Salad Plate)