

****Grab N' Go Meals are available as a second option. Included: side salad, fruit & Chips.**

August
12:00pm-1:00pm

CONGREGATE MEAL PROGRAM
HOT & COLD MEALS

***SUGGESTED DONATION \$3.00 PER MEAL**

Narragansett Community Center 53 Mumford Road

MONDAY

TUESDAY

WEDNESDAY

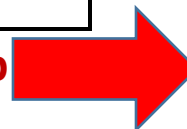
THURSDAY

FRIDAY

16	17	18	19	20
Fresh Fruit Cup	Escarole & Bean Soup	Tomato & Cucumber Salad	Chicken Soup	Tomato Soup
Baked Macaroni & Cheese	Chicken Fajita w/ Tortilla Peppers & Onion	Salisbury Steak w/Gravy & WW Roll	Roasted Pork Loin w/ Apple Sauce and WW Roll	Sloppy Joe on Roll
Roasted Green Beans & Carrots w/ WW Roll	Sour Cream & Rice Pilaf	Sliced Carrots & Mashed Potato	Sweet Potato & Mixed Vegetable	Broccoli Florets
Chocolate Chip Cookies	Jell-O	Seasonal Melon	Pudding	Fresh Fruit Salad
Turkey & Cheese on Wheat Roll	Ham & Cheese on Roll	Chicken Salad on Wheat Roll	Seafood Salad on Wheat Roll	Roast Beef on Wheat Roll
23	24	25	26	27
Fresh Fruit Cup	Navy Bean Soup	Chicken Noodle Soup	Tossed Greek Salad	NE Clam Chowder
Smothered Chicken w/Spinach	Swedish Meatballs w/ Gravy & WW Roll	American Chop Suey	Beef & Broccoli	Tuna Salad w/ Whole Grain Bread
Potato, Mushrooms & WW Roll	Green Beans	Tossed Garden Salad & Garlic Bread	Brown Rice	Greek Tomato Salad
Jell-O	Seasonal Melon	Pudding	Seasonal Melon	Jell-O
Roast Beef on Wheat	Seafood Salad on Wheat Roll	Egg Salad on Wheat	Turkey & Swiss on Wheat Roll	Oatmeal Cookies

***Donations help to maintain the meal program. ***

Call (401)-782-0675 to sign up



30	31
Minestrone Soup	Beef Barley Soup
Pub Burger w/ Cheese on WW Roll	Oven Roasted Chicken w/ WW Roll
Mixed Vegetable	Sweet Potato & Broccoli Floret
Seasonal Melon	Pudding
Turkey and Swiss on Wheat Bread	Ham & Swiss on Wheat Bread