

December

CONGREGATE MEAL PROGRAM

HOT & COLD MEALS

*SUGGESTED DONATION \$3.00 PER MEAL

Narragansett Community Center 53 Mumford Road

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

12:00pm-1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Mushroom Barley Soup	Vegetable Soup	Kale and Bean Soup
		Meatball Grinder	Stuffed Meatloaf	Baked Fish Provencal
		Roasted Zucchini & Carrot	Mashed Potatoes & Green Beans	Rice Pilaf (Brown Rice)
		Apple Slices	Snowflake Roll	Mixed Vegetables
		Multi Grain Roll	Sliced Pears	Chocolate Chip Cookie
		Egg Salad on Rye	Chicken Salad on Wheat	Ham & Swiss on Wheat
6	7	8	9	10
Minestrone Soup	Tomato Soup	Split Pea Soup	Beef Lentil Soup	Chicken Soup
Italian Shepard's Pie	French Onion Baked Chicken	Steak & Potatoes w/Garlic Butter	Chicken Parmesan & Roasted Potato	Sloppy Joe & WW Roll
Mashed Potato/ WW Roll	Mixed Vegetables & Sweet Potato	Sliced Carrots/Multi Grain Roll	Cauliflower W/ Broccoli & Italian Bread	Cole Slaw & Potato Wedges
Cubed Melon	Pudding	Sliced Peaches	Brownie	100% Apple Juice
Chicken Sandwich on Wheat	Ham Salad on Wheat	Turkey on Rye Bread	Seafood Salad on Rye	Egg Salad on Wheat

Donations help to maintain the meal program.

Call (401)-782-0675 to sign up

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
Cream of Broccoli	Navy Bean Soup	Chicken Soup	 Sweet Potato Bisque	Clam Chowder (Red)
Mixed greens w/ Tomatoes	Beef Tacos on Whole Grain Tortilla	Swedish Meatballs & Mashed Potatoes	Stuffed Pork Loin w/ Apples	Baked Fish w/ Lemon Butter
Lasagna Roll up w/ Meat Sauce	Roasted Corn Salsa, Tomato	Mixed Vegetables/ Biscuit	Roasted Potato	Rice Pilaf
Sliced Italian Bread	Sour Cream/ Lettuce & 100% Apple Juice	Cookie	Peas, Carrots & Parker House Roll	Broccoli Florets
Yellow Cake	Tuna Salad on Rye	Salami and cheese on Wheat	Holiday Dessert	Fresh Fruit
Seafood Salad on Wheat			Turkey Sandwich on Rye	Egg Salad on WW Bread
20	21	22	23	24
Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Pasta and Bean Soup	100% Orange Juice
Baked Ziti w/ Meatballs Sausage & Cheese	Chicken Cacciatore	Tossed Salad	Chicken Cordon Bleu	Scrambled Eggs
Broccoli/Garlic Bread	Fingerling Potatoes, Green Beans & Roll	Sausage & Pepper Sandwich on WW Roll	Rice Pilaf & Zucchini	Mini Bagel & Home fries
Fresh Fruit	Pudding	Sliced Apples	Fresh Fruit	Fresh Fruit
Ham & Cheese on Rye	Egg Salad on Wheat	Chicken Salad on Whole Wheat	Turkey & Provolone on WW Bread	Sausage Egg & Cheese Sandwich

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27		28	29	30	31
Minestrone Soup	Beef Stew	Lentil Soup	Tomato Soup	100% Orange Juice	
Pub Burger w/Cheese on WW Roll	Tossed Salad	Chicken Fajita w/ Peppers & Onions	Salisbury Steak w/Gravy	Cheese Omelet	
Mixed Vegetables	WW Roll & 100% Apple Juice	Spanish Rice	Mashed Potatoes, Peas, Carrots & WW Roll	Home fries & Corn Bread	
Cookie	Brownie	Fruit Salad	Coffee Cake	Apple Slices	
Turkey & Swiss on Whole Wheat	Salami & Cheese on Whole Wheat	Tuna Salad on WW Roll	Seafood Salad on Rye	Vegetable quiche w/ Corn Bread	