

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

September
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

13	14	15	16	17
Fresh Fruit w/Cottage Cheese	Escarole and Bean Soup	Tomato & Cucumber Salad	Mushroom Barely Soup	Clam Chowder
Chicken Stew	Tossed Greek Salad	Hot Dogs	BBQ Pulled Pork Sandwich On Roll	Baked Fish Provencal
Spinach Salad	Baked Mac and Cheese	Baked Beans	Tomato w/Feta Cheese	Rice Pilaf
Wheat Roll	Wheat Roll	Cole Slaw & WW Roll	Fresh Fruit	Broccoli Florets
Egg Salad on Wheat Bread	Cake	Lorna Dune Cookie	BBQ Chicken Sandwich	Jell-O
	Turkey & Swiss on Rye	Ham Salad on Wheat Roll		Tuna on Wheat Roll
20	21	22	23	24
Chicken Escarole Soup	Mixed Fruit	Pasta & Bean Soup	Pea Soup	Tomato Soup
Swedish Meatballs w/ Mashed potato	Sloppy Joe	Pork Loin w/ WW Roll	Lemon Chicken w/ WW Roll	Beef Taco w/ Tortilla
Mixed Veg w/ WW Roll	Broccoli & Potato Wedges	Sliced carrots & Roasted potato	Greek Potato Salad & Green Beans	Lett/Tom/Sour Cream
Ham And Swiss Sandwich	Seafood Salad on Wheat Roll	Pudding	Turkey & Swiss on Wheat Roll	Fruit
		Egg Salad on Wheat		Chicken Salad on Rye

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

Call (401)-782-0675 to sign up

27	28	29	30
Minestrone Soup	Beef Stew	Beef Barely Soup	Vegetable Soup
Pub Burger w/Cheese on WW Roll	Tosses Salad	Crispy Chicken Sandwich on WW Roll	Sweet & Sour Boneless Chicken
Mixed Vegetable	Fresh Fruit	Lettuce, Cucumber, Tomato & Pea Salad	Fried Brown Rice w/ Peas and Carrots
Seasonal Melon	Wheat Roll	Seafood Salad on Wheat	Jell-O
Turkey and Swiss on Wheat	Ham & Swiss on Wheat		Egg Salad on Wheat