

May 2022


CONGREGATE MEAL PROGRAM: **HOT** & **COLD** MEALS

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

Narragansett Community Center @ 53 Mumford Road

Call (401) 782-0675 to SIGN UP! Donations help to maintain the program!

*****Cold Grab N' Go Lunches are available per request by sign up to be delivered to homes. Includes side salad, chips, and fruit.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *May Breakfast* Vanilla Yogurt Scrambled Eggs Bacon & Sausage Home Fries Banana Bread Ham, Egg & Cheese on Bagel	3 Kale & Bean Soup Tossed Salad Baked Rigatoni w/ Meatballs Garlic Bread Fruit Chicken Salad on Wheat	4 Greek Cucumber Salad Sloppy Joe WW Roll Roasted Vegetable Salad Cookie Egg Salad on Whole Wheat	5 Italian Wedding Soup Chicken Cordon Bleu Garlic Mash Potatoes Roasted Green Beans & Carrots Cake Turkey on Rye	6 Tomato Soup Beef Casserole over Cheesy Noodles Mixed Vegetables Sliced Pears Seafood Salad on Wheat Roll
9 Fruit Cup Marinated Grilled Chicken Rice Pilaf Green Beans Roll/Cookie Egg Salad on Rye	10 Black Bean & Couscous Salad Meatball Sandwich Roasted Zucchini & Carrot Apple Slices Multi Grain Roll Chicken Salad on Rye	11 Chicken Soup Chicken Scaloppini Mashed Garlic Potatoes Sliced Carrots WW Roll/Fruit Turkey on Rye Bread	12 Tomato Soup Ground Beef Patty w/mushroom & Onion Gravy Peas & Carrots, Roll Sliced Peaches Ham and Cheese on WW Bread	13 Caesar Salad American Chop Suey Roasted Zucchini Garlic Bread Oatmeal Cookie Salami Ham & Cheese on W Roll
16 Chopped Salad Pub Burger w/Cheese Cole Slaw WW Roll Cookie Ham & Swiss on Whole Wheat	17 Navy Bean Soup Chicken Vesuvio w/ Potato, Mushroom & Peas WW Roll Pudding Corn Beef on Rye	18 Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots Multi Grain Bread Sliced Fruit Salami & Cheese on Wheat	19 Chicken Soup Pork Roast w/Gravy Sweet Potato Yellow Cake Rye Bread Turkey on Multi Grain Bread	20 Greek Salad Sausage & Pepper Sandwich Wheat Roll Italian Green Beans Sliced Pears Seafood Salad on Whole Wheat
23 Vegetable Soup Breaded Chicken w/Gravy Sweet potatoes Wax Beans Multi-Grain Roll/Pudding Egg Salad on Multi Grain	24 Lentil Soup Eggplant Bolognese Rice Pilaf Roasted Carrot & Zucchini Fruit Turkey on Multi Grain	25 Greek Cucumber Salad Chicken Cacciatore Smashed Potatoes Garlic Bread Fruit Chicken Sandwich on WW Roll	26 Minestrone Soup Pot Roast w/Gravy Mixed Vegetables Mashed Potatoes Oatmeal Cookie Corned Beef on Rye	27 *Memorial Day Luncheon* Black Bean & Couscous Salad French Onion Baked Chicken Roasted Potatoes Mixed Vegetables/Garlic Bread Pudding Seafood Salad on Multi Grain
30 CLOSED HAPPY MEMORIAL DAY! 	31 Onion Soup w/ Croutons Balsamic Pork Loin Roasted Green Beans & Carrots Roasted Smashed Potatoes Cake Turkey WW Rap			