Febuary 2023

Call the West Street Café at 401-423-2658 to make reservations.

**SERVING SIZES**

**Grains – 2 ounces**

**Vegetables – ½ cup**

**Fruits – ½ cup**

**Protein – 3 ounces**

**Dairy – 1 cup**

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| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
|  |  | | **1**  **Chicken noodle soup**  **Meatball sandwich**  **Sauteed spinach**  **Sliced roasted potatoes**  **Whole Wheat roll**  **Fruit**  **Chicken salad on rye** | **2**  **Tomato soup**  **Meatloaf**  **Mashed potato**  **Green beans**  **Snowflake roll**  **Chocolate cookie**  **Caesar salad w/chicken** | **3**  **Kale & bean soup**  **Stuffed fillet of sole**  **Rice pilaf**  **Peas & onions**  **Whole Wheat Roll**  **Fruit**  **Chef salad** |
| **6**  **Minestrone soup**  **Chicken francese**  **Roasted potato**  **Mixed vegetable**  **Multi grain roll**  **Fruit**  **Spinach salad w/ chicken** | **7**  **Tomato Soup**  **French onion baked chicken**  **Potatoes O Brien**  **Sliced carrots / garlic bread**  **Pudding**  **Salami, ham & cheese / wheat roll** | | **8 Mushroom barley soup**  **Shepherd’s pie**  **Mashed potatoes**  **Sliced pears Whole wheat roll**  **Caesar salad w/chicken** | **9**  **lentil soup**  **Roast pork w/ gravy**  **Sweet potato**  **Zucchini**  **Whole Wheat roll**  **Red velvet cake**  **Tuna salad plate** | **10**  **Cream of Broccoli soup**  **Chicken cacciatore**  **Green beans**  **Baked potato**  **Dinner Roll – Fruit**  **Cobb salad** |
| **13**  **Tomato soup Pepper steak**  **Mashed potato**  **Roasted zucchini w/carrots**  **Italian bread (whole wheat)**  **Chocolate chip cookie**  **Chef salad** | **14**  **Navy bean soup**  **Sausage & pepper w/ potatoes**  **Garlic bread**  **Italian mixed vegetables**  **Mixed fruit**  **Chicken sandwich on wheat roll** | | **15**  **Cream of mushroom soup**  **Sloppy joe**  **Cole slaw**  **Pasta salad**  **Whole Wheat roll - cookie**  **Turkey & Swiss/whole wheat** | **16**  **Chicken soup**  **Balsamic pork loin**  **Potatoes wedges**  **Buttered corn**  **Mixed fruit – Dinner Roll**  **Spinach salad w/ chicken** | **17**  **Kale & bean soup**  **French onion baked chicken**  **Roasted potatoes**  **Whole Wheat Roll**  **Fruit salad**  **Tuna salad plate** |
| **20**  **Closed** | **21**  **Lentil soup**  **Chicken Fajita w/peppers /onions**  **Spanish rice**  **Whole Wheat Tortilla**  **Sour cream Pudding**  **Egg salad on multi grain roll** | | **22**  **Tomato soup**  **Swedish meatballs**  **Mashed potatoes**  **Sliced carrots**  **Fresh fruit/**  **Muti grain bread**  **Seafood salad plate** | **23**  **Minestrone Soup**  **BBQ pulled pork Sandwich**  **Cole slaw**  **Sweet potato**  **Whole Wheat Roll**  **Oatmeal cookie**  **Corned beef on Rye bread** | **24**  **Chicken noodle soup**  **Tossed salad**  **Baked rigatoni w/ sausage & meatballs**  **Garlic bread - Fruit cup Tossed salad w/chicken** |
| **27**  **Beef vegetable soup**  **Chicken Scarpariello w/ sausage & potatoes**  **Mixed vegetables**  **Fruit – Whole Wheat roll**  **Chicken sandwich on ww roll** | **28**  **Mushroom barley soup**  **Tossed salad**  **Chicken n gravy**  **Mixed vegetables**  **Biscuit- cookies**  **Seafood salad on wheat roll** |  | | |  |