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**  |  |  |