

# February Luncheon Menu 2026

Meal site orders must be submitted by noon on Wednesday for the following week.

Please call 401-268-1592 to place an order for lunch. Our meals are created by Encore Catering of Warwick. Please call Westbay CAP at 401-732-4660 ext. 325 with any questions or comments about meals.

**Suggested donation is \$3.00 per meal.**



*Funded in part by the U.S. Administration on Aging and the Rhode Island Office of Healthy Aging*

## MENU IS SUBJECT TO CHANGE

### SERVING SIZES:

**Dairy:** 1 cup  
**Fruits:** 3/4 cup  
**Vegetables:** 3/4 cup  
**Grains:** 2 ounces  
**Protein:** 3 ounces (cooked)

**All menu items may contain nuts, seeds, beans, wheat, bran, and other allergens. Please inform our staff of any food allergies when placing your order. Thank you.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2) Navy Bean Soup</b> <b>Chicken Teriyaki</b> <b>Sweet Potatoes</b> <b>Roasted Vegetables</b> <b>Roll</b> <b>Sliced Peaches</b>  <b>(Chicken Salad Sandwich)</b>	<b>3) Vegetable Soup</b> <b>Lasagna Roll up with</b> <b>Meat Sauce</b> <b>Greek Cucumber Salad</b> <b>Garlic Bread</b> <b>Sugar Cookie</b>  <b>(Tossed Salad with Chicken)</b>	<b>4) Vegetable Barley Soup</b> <b>Mediterranean Chicken</b> <b>Potatoes, Mushrooms and</b> <b>Tomatoes</b> <b>Roll</b> <b>Sliced Melon</b>  <b>(Tuna Salad Plate)</b>	<b>5) Tomato Rice Soup</b> <b>Pork Roast with Gravy</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Cake</b>  <b>(Greek Salad with Chicken)</b>	<b>6) Mediterranean Lentil</b> <b>Soup</b> <b>Sausage &amp; Pepper</b> <b>Sandwich</b> <b>Roasted Potato</b> <b>Cole Slaw</b> <b>Watermelon</b> <b>(Turkey and Cheese</b> <b>Sandwich)</b>
<b>9) Escarole &amp; Bean Soup</b> <b>Chicken Francese</b> <b>Lemon Rice</b> <b>Roasted Vegetable</b> <b>Roll</b> <b>Cookie</b>  <b>(Egg Salad Sandwich)</b>	<b>10) Minestrone Soup</b> <b>Creamy Dijon Chicken</b> <b>Roasted Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Sliced Pears</b>  <b>(Seafood Salad Plate)</b>	<b>11) Tomato Soup</b> <b>Sweet and Sour Pork</b> <b>Vegetable Fried Rice</b> <b>Stir Fry Vegetables</b> <b>Roll</b> <b>Sliced Melon</b>  <b>(Turkey Sandwich</b> <b>Sandwich)</b>	<b>12) Chicken Escarole Soup</b> <b>Chicken Cordon Bleu with</b> <b>Gravy</b> <b>Roasted Sweet Potatoes</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Cake</b>  <b>**Tickets Required**</b>	<b>13) Broccoli and Cheese</b> <b>Soup</b> <b>Pub Burger with Cheese</b> <b>3 Bean Salad</b> <b>Chips</b> <b>Sliced Apples</b>  <b>(Greek Salad with Chicken)</b>
<b>16)</b> <b>CLOSED</b> 	<b>17) Fresh Fruit Cup</b> <b>Beef Stew with Vegetables</b> <b>Roasted Vegetables</b> <b>Roll</b> <b>Cookie</b>  <b>(Egg Salad Plate)</b>	<b>18) Vegetable Soup</b> <b>Honey Glazed Pork Roast</b> <b>Roasted Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Yellow Cake</b>  <b>(Tuna Salad Plate)</b>	<b>19) Mushroom Barley Soup</b> <b>Sliced Turkey</b> <b>Mashed Sweet Potatoes</b> <b>Roasted Carrots</b> <b>Roll</b> <b>Sliced Melon</b>  <b>(Chef Salad)</b> 	<b>20) Navy Bean Soup</b> <b>Baked Fish</b> <b>Rice Pilaf</b> <b>Roasted Zucchini Mix</b> <b>Roll</b> <b>Peaches</b>  <b>(Chicken Salad Sandwich)</b>
<b>23) Chicken Barley Soup</b> <b>Oven Roasted Chicken</b> <b>Rice Pilaf</b> <b>Roasted Vegetables</b> <b>Roll</b> <b>Tropical Fruit</b>  <b>(Tossed Salad with Chicken)</b>	<b>24) Vegetable Barley Soup</b> <b>Baked Ziti with Sausage</b> <b>and Cheese</b> <b>Capri Vegetables</b> <b>Roll</b> <b>Sliced Pears</b>  <b>(Turkey Sandwich)</b>	<b>25) Chicken Soup</b> <b>Swedish Meatballs</b> <b>Mashed Potatoes</b> <b>Broccoli Florets</b> <b>Roll</b> <b>Sliced Melon</b>  <b>(Italian Grinder)</b>	<b>26) Kale &amp; Chickpea Soup</b> <b>Pot Roast with Gravy</b> <b>Roasted Potatoes</b> <b>Balsamic Glazed Carrots</b> <b>Roll</b> <b>Cake</b>  <b>(Greek Salad with Chicken)</b>	<b>27) Tomato Soup</b> <b>Baked Fish Sandwich</b> <b>Roasted Sweet Potatoes</b> <b>Cole Slaw</b> <b>Sliced Pears</b>  <b>(Tuna Salad Sandwich)</b>

