

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

