

Iris's Café at the Wellfleet COA

Every Thursday at 12:30

*by reservation the previous Wednesday, please
\$7.50 ~ includes coffee & dessert*

Open to the Community!!

March 4 th	Mixed seafood & rice casserole (cod, salmon & crab), Caesar salad
March 11 th	Corned beef & cabbage
March 18 th	Oven fried chicken with fruit sauce, corn casserole, veggies
March 25 th	Shepherd's pie, sweet spinach salad
April 1 st	Baked salmon, asparagus, roasted herbed potatoes
April 8 th	Baked ham dinner, glazed sweet potatoes, green beans
April 15 th	Chicken parmesan with pasta, mixed salad
April 22 nd	Roast turkey breast, mashed potato, gravy, veggies
April 29 th	Baked cod with mushrooms & tomatoes, rice pilaf, veggies

IRIS'S SOUP TO GO

Monday – Wednesday, Packed to travel ~ \$4.00 pint

March 1 st	Portuguese kale
March 8 th	Chicken with rice
March 15 th	Beef chili
March 22 nd	Pureed cauliflower with spinach
March 29 th	Mixed vegetable
April 5 th	Beef meatball soup with spinach
April 12 th	Yellow split pea with vegetables
April 20 th	Chicken vegetable <i>(Tuesday due to Monday holiday)</i>
April 26 th	Tomato basil with rice