

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

May 2024

Funded in Part by the
 US Administration on
 Aging and the Rhode
 Island Office of
 Healthy Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Suggested Donation \$3.00 Call 625-6790 to order</p>	<p>1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich</p>	<p>2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate</p>	<p>3 Minestrone Soup Sloppy joe Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on a roll</p>	
	<p>6 Mushroom barley soup Greek-style chicken thighs Florentine rice Sautéed vegetable Multigrain roll Chocolate chip cookie Roast beef w/ swiss cheese</p>	<p>7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken</p>	<p>8 Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese</p>	<p>9 Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed Vegetables Mashed potatoes Cake Seafood salad plate</p>	<p>10 Roasted cauliflower soup Meatball sandwich Pasta salad Ww roll Chips Fresh fruit Tuna salad sandwich</p>
	<p>13 Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll Pineapple Ham & cheese on wheat</p>	<p>14 Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll Lorna Doone cookie Spinach salad W/ chicken</p>	<p>15 Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll Fresh fruit Italian grinder</p>	<p>16 Minestrone Soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll Brownie Egg salad on wheat</p>	<p>17 Tuscan white bean soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Sliced pears Tuna salad plate</p>
	<p>20 Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – Ww roll Egg salad sandwich</p>	<p>21 Vegetable barley soup Manicotti w/meat sauce Italian green bean salad Ww roll Tropical fruit Reuben on rye</p>	<p>22 Irish vegetable soup Pork roast w/ gravy Mixed Vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken</p>	<p>23 Tomato soup Beef tips w/ mushroom gravy Rice Pilaf Baby carrots Whole Wheat Roll - cake Tuna sandwich plate</p>	<p>24 Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad</p>
	<p>27 Closed</p>	<p>28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad</p>	<p>29 Mushroom chickpea veggie soup Chicken scallopini Mixed vegetables Parmesan Rice Cantaloupe Spinach salad w/ chicken</p>	<p>30 Lentil soup w/ vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad</p>	<p>31 Vegetable soup Shepards pie Mashed potato Ww Roll Honeydew Ham & cheese on Wheat</p>

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