August 2024 Call 625-6790 to order

**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** |
| **All menu items may contain nuts, seeds, beans, wheat bran, and other allergens*****Funded in part by the*** ***US Administration on Aging and the Rhode Island Office of Healthy Aging*** |  |  | **1****Tomato soup****Salisbury steak w gravy****Potato wedges****Buttered corn****Melon****Ww roll****Chef salad**  | **2****Clam chowder** **Chicken stir fry w/stir fry****vegetables****Rice pilaf****Ww roll****Cake****Tuna salad sandwich** |
| **5****Navy bean vegetable soup****French onion baked chicken****Roasted potatoes****Mixed vegetables****Ww roll****Fresh fruit****Spinach salad w/ chicken**  | **6****Tossed salad****Beef teriyaki** **Steamed rice****Roasted zucchini****Ww roll****Pudding****Ham & cheese on wheat** | **7 Chicken soup****Stuffed shell w/meat sauce****Roasted carrot salad****Garlic bread****Sliced pears** **Seafood Salad Sandwich** | **8****Vegetable soup****Pork roast w/ gravy****Rice pilaf****Waxed beans****Ww roll** **Oatmeal cookie** **Chicken salad plate**  | **9****CLOSING AT 11:00****NO LUNCHES TODAY****Floor Maintenance Day** |
| **12**  **Closed**  | **13****Cream of broccoli soup****Mexican picadillo w/****Potatoes****Buttered corn****Fresh fruit- Ww roll****Roast beef sandwich on roll** | **14****Lentil vegetable soup****Chicken scallopini****Rice pilaf w/ mushrooms****Green beans**  **Ww Roll - cake****Seafood salad plate** | **15****Chicken soup****Pot roast w/gravy****Mashed potatoes****Peas & carrots****Sliced peaches – Ww roll****Cobb salad** | **16****Greek cucumber salad****BBQ pulled pork sandwich****Cole slaw****Roasted sliced potatoes** **Tropical fruit – Ww roll****Tuna salad plate** |
| **19****Minestrone soup****Greek style chicken thighs** **Parsley potatoes****Florentine rice****Ww roll****Oatmeal cookie****Turkey sandwich on wheat** | **20****Tomato soup****Ground beef tacos (2)****Rice** **Spanish corn****Sour cream****Sliced peaches** **Chef salad**  | **21****Tossed salad** **Beef tips w/ mushroom gravy****Mashed potatoes****Roasted Zucchini & Tomato****Ww roll****Melon****Chicken salad on wheat** | **22****Lentil soup w/ vegetables****Oven fried chicken****Pasta salad****Cucumber salad****Ww roll****Brownie****Egg salad on rye** | **23** **Tossed salad****Roasted pork loin****Sweet potato****Mixed Vegetables****Ww Roll****Oatmeal cookie****Ham & cheese** |
| **26****Chicken escarole soup****Roasted chicken****Mashed potato****Green beans****Ww roll****Pudding****Roast beef on roll** | **27** **Vegetable soup** **Honey garlic pork chop****Roasted vegetables****Parmesan rice** **Tropical fruit Ww roll** **Spinach salad w/ chicken** | **28 29****Greek salad Vegetable soup****Shepards pie Sloppy joe****Mashed potato 3 - salad** **Mixed vegetables / roll Roasted potatoes****Oatmeal cookie Fresh fruit / Ww roll****Turkey sandwich Cobb salad**  | **30****Corn chowder****Sausage & pepper sandwich****Steamed broccoli****Chips****Ww roll****Pineapple chunks****Chef salad** |