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** |