



February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Corn chowder Chicken Teriyaki Rice Pilaf Steamed broccoli Ww roll Sliced peaches Seafood salad plate	4 Vegetable soup BBQ beef Mashed sweet potato Buttered corn Ww roll Brownie Turkey Sandwich	5 Chicken soup Swedish meatballs Mashed potatoes Green beans Ww roll Tropical fruit Tossed salad w/chicken	6 Tomato soup Honey-glazed pork loin Fiesta rice Brussel sprouts Ww roll Chocolate cookie Egg salad on wheat	7 Mushroom barley soup Chicken Marsala Potato wedges Mixed Vegetables Ww roll Pineapple chunks Chef salad
10 Tuscan white bean soup Sloppy joe Roasted potatoes Cole slaw Ww roll Brownie Ham salad on rye	11 Minestrone soup Pepper steak w/ gravy Peas Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken	12 Vegetable lentil soup Breaded chicken breast w/ gry. Sweet potatoes Roasted zucchini Ww roll Sliced pears Seafood salad plate	13 Vegetable barley soup Caprese chicken Roasted potatoes Italian green beans Ww roll Cake Chef salad	14 Kale & bean soup Shepards pie Mashed potato Mixed fruit Ww roll Chicken salad sandwich 
17 Closed PRESIDENTS DAY	18 Tomato rice soup Greek-style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Ham & cheese sandwich	19 Cream of broccoli soup Pork roast w/ gravy Rice Pilaf Peas & carrots Ww Roll - Pineapple chunks Turkey sandwich on rye	20 Birthday Celebration Meatball soup Open turkey sandwich w/gravy Stuffing Butternut squash Ww roll Chocolate chip cookie Cobb salad	21 Escarole & bean soup Veal parmesan Florentine rice Italian mixed vegetables Ww roll Watermelon Tuna salad sandwich
24 Cauliflower tomato soup Grilled chicken Spanish rice Roasted carrots Ww roll Sliced pears Seafood salad sandwich	25 Vegetable soup Baked Rigatoni w/meatballs & Sausage Italian roasted vegetables Ww roll Chocolate cookie Ham & cheese on rye	26 Chicken escarole soup Mongolian pork White rice Broccoli Ww Roll Tropical fruit Tossed salad w/chicken	27 Vegetable barley soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chicken salad sandwich	28 Lentil & bean soup Meatball sandwich Cole slaw Sweet potato Ww roll Sliced peaches Egg salad sandwich
	Suggested \$3.00 Donation Call 625-6790 to order, at least 24 hours in advance			All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>
