

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

January 2025

PLEASE Call (401) 625-6790, at least 24 hours ahead, to place your lunch request. Kindly call if you need to cancel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>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></p>	<p>1 Closed Happy New Year 2025! Suggested \$3.00 Donation</p>	<p>2 Tomato soup Chicken cordon bleu Fiesta rice Sliced carrots Ww roll Chocolate cookie Egg salad on wheat</p>	<p>3 Chicken soup Sausage & pepper sandwich Sweet potato salad Ww roll Cake Tuna salad sandwich</p>
<p>6 Mushroom barley soup Marry me chicken Roasted potatoes Mixed Vegetables Ww roll Brownie Ham salad on rye</p>	<p>7 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>8 Vegetable lentil soup Breaded chicken breast w/ Southern gravy Sweet potatoes Cole slaw / ww roll Sliced pears Seafood salad plate</p>	<p>9 Tuscan white bean soup Roasted pork loin w/gravy Roasted potatoes Italian green beans Ww roll Oatmeal cookie Chicken salad sandwich</p>	<p>10 Clam chowder (red) Pub burger w/ cheese Cucumber salad Potato wedges Mixed fruit Ww roll Chef salad</p>
<p>13 Vegetable barley soup Swedish meatballs Parmesan rice Broccoli Ww roll Sliced peaches Roast beef sandwich on a roll</p>	<p>14 Tomato soup Greek-style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad</p>	<p>15 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Turkey sandwich on rye</p>	<p>16 BIRTHDAY LUNCH Meatball soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll cupcake Chicken salad plate</p>	<p>17 Chicken soup Shepards pie Mashed potato Ww roll Watermelon Tuna salad sandwich</p>
<p>20 Closed Martin Luther King Jr. Day</p>	<p>21 Corn chowder Sloppy joe Potatoes O'Brien 3 - bean salad Ww roll Fresh melon Ham & cheese on rye</p>	<p>22 Escarole & bean soup Chicken fajita w pepper& onion Spanish rice Mexican corn Ww Roll Tropical fruit Seafood salad sandwich</p>	<p>23 Chicken soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken</p>	<p>24 Cauliflower tomato soup Meatball sandwich Broccoli salad Ww roll Sliced peaches Corned beef Reuben sandwich</p>
<p>27 Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll</p>	<p>28 Tomato soup Roasted chicken Roasted potatoes Peas & carrots Brownie / Ww roll Cobb salad</p>	<p>29 Kale & bean soup Pork roast w/ gravy Parsley potatoes Mixed vegetables Ww roll Mixed fruit Chicken salad plate</p>	<p>30 Lemon chicken orzo soup Salisbury steak w/ gravy Rice pilaf Green beans Ww roll Cake Chef salad</p>	<p>31 Minestrone soup Chicken parm Roasted vegetables Pasta salad Ww roll Pineapple chunks Turkey sandwich</p>

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