


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

July 2024

**Suggested
 Donation
 \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken soup Baked chicken topped w/ Eggplant Bolognese Roasted potato Garlic bread Cookie Roast beef on a roll	2 Greek cucumber salad Potato crusted fish Green beans Rice Pilaf Ww roll Sliced peaches Ham & cheese on wheat	3 Tossed salad Pub burger w/cheese Pasta Salad Charred Broccoli Ww roll Strawberry shortcake Turkey sandwich on roll	4  CLOSED	5 Tomato soup Sloppy Joe Cole Slaw Potato Wedges Ww roll Melon Egg Salad Plate
8 Navy bean vegetable soup Chicken Marsala Parmesan rice Mixed Vegetables Ww roll Tropical fruit Spinach salad with chicken	9 Mushroom Barley Soup Sausage & pepper sandwich Chips Roasted zucchini Ww roll Pudding Greek salad with chicken	10 Tomato soup Lemon butter pork chop Roasted potatoes Mixed Vegetables Ww roll Sliced pears Seafood Salad Sandwich	11 Vegetable soup Chicken cordon bleu Rice Pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	12 Fresh fruit cup Baked pasta w/meatballs Sausage & cheese Roasted Vegetables Jello Roll Tuna salad sandwich
15 Minestrone Soup Meatball sandwich 3- bean salad Potato Wedges Pineapple chunks – Ww roll Cobb Salad	16 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on a roll	17 Clam chowder (red) Fish Sandwich Cole slaw Orzo salad Roll - cake Seafood salad plate	18 Chicken soup Pot roast Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad	19 Cream of Broccoli Lasagna roll up w/ Meat sauce Roasted vegetables Pudding – Ww roll Tuna salad plate
22 Kale bean & sausage soup Shepards pie Mashed potato Ww roll Chocolate cookie Egg salad sandwich	23 Tomato soup Marry Me Chicken Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad	24 Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat	25 Lentil soup w/ vegetables Sliced turkey Stuffing Mixed squash Ww roll Brownie Seafood salad plate	26 Tossed salad Chicken parm Steamed broccoli Spanish rice Ww roll Strawberry shortcake Chef salad
29 Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on a Roll	30 Vegetable soup Pork Chop Italian Roasted vegetables Parmesan rice Tropical fruit – Ww roll Spinach salad w/ chicken	31 Tossed salad Pork roast Sweet potato Mixed vegetables/roll Oatmeal cookie Turkey Sandwich	 east bay community action program <small>THE BRIDGE TO SELF-RELIANCE</small>	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>

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