


June 2024

SERVING SIZES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken soup Sausage & peppers w/potatoes Garlic bread 3 bean salad Cookie Roast beef on a roll	4 Greek cucumber salad Tuscan style chicken w/sausage & Beans, roasted vegetables Roasted potatoes Ww roll Sliced peaches Ham & cheese on wheat	5 Tomato soup BBQ chicken thigh Cole slaw Pasta salad Ww roll Melon Chef salad	6 Kale & bean soup Salisbury steak w/gravy Mashed potato Roasted vegetables Ww roll Pudding Seafood salad plate	7 Minestrone Soup Pub burger w/cheese Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
10 Mushroom barley soup Greek style chicken thighs Parmesan rice Mixed Vegetables Ww roll Tropical fruit Spinach salad w/ chicken	11 Vegetable barley soup Shepards pie Mashed potatoes Ww roll Pudding Greek salad w/ chicken	12 Tomato soup Glazed pork tenderloin Roasted potatoes Sliced carrots Ww roll Sliced pears Turkey & Swiss cheese	13 Chicken escarole soup BBQ Beef brisket Cole slaw Italian pasta salad Ww roll Cake Chicken salad plate	14 Fresh fruit Cup Sloppy joe Sliced potatoes 3 bean salad Ww roll Melon Tuna salad sandwich
17 Navy bean soup w/vegetables Chicken cacciatore/Rice pilaf French-style green beans Ww roll Pineapple chunks Ham & cheese on wheat	18 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Ww roll Lorna Doone cookie Roast beef sandwich on a roll	19 <p style="text-align: center;">Closed</p>	20 Minestrone Soup Baked ham w/ gravy Sweet potato Peas & carrots Ww roll Sliced peaches Cobb salad	21 Vegetable soup Chicken Teriyaki Fried rice w/ vegetables Roasted vegetables Ww roll Sliced pears Tuna salad plate
24 Kale bean & sausage soup Manicotti w/meat sauce Cucumber salad Garlic bread Chocolate cookie Egg salad sandwich	25 Tomato soup Chicken sautéed with /sundried tomatoes Roasted vegetables Parmesan rice Ww roll Tropical fruit Reuben on rye	26 Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Green beans w/carrots Ww roll Melon Chicken salad on wheat	27 Lentil soup w/ vegetables Greek turkey Lemon parsley rice Greek roasted vegetables Ww roll Cookie Seafood sandwich plate	28 Chicken soup Pork chop Italiano Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Suggested Donation \$3.00</p>	<p>Funded in part by the <i>US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>		<p>Please call 401-625-6790, at least 24 hours in advance, to place your order</p>