March 2025 **Call 401-625-6790, at least 24 hours ahead, to place your 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** |
| **3**  **Vegetable soup**  **Chicken coq au vin**  **Mashed potatoes**  **Green beans**  **Ww roll**  **Oatmeal cookies**  **Ham & cheese on rye** | **4**  **Chicken soup**  **Pasta &**  **Meatballs**  **Roasted vegetables**  **Ww roll**  **Sliced peaches**  **Turkey & bacon sandwich** | | **5**  **Cauliflower tomato soup**  **Roasted chicken thighs**  **Rice pilaf**  **Sweet corn**  **Ww roll**  **Chocolate cookies**  **Tossed salad w/ Tuna** | **6**  **Tomato soup**  **Roasted pork loin**  **Fiesta rice**  **Sliced carrots**  **Ww roll**  **Fresh melon**  **Egg salad plate** | **7**  **White bean soup**  **Baked fish**  **Florentine rice**  **Mixed vegetables**  **Ww roll**  **Fruit cocktail**  **Tuna salad sandwich** |
| **10**  **Mushroom barley soup**  **BBQ chicken**  **Potato salad**  **Mixed vegetables**  **Ww roll**  **Brownie**  **Ham salad on rye** | **11**  **Minestrone soup**  **Pepper steak w/ gravy**  **Roasted carrots & broccoli**  **Steamed white rice**  **Ww Roll**  **Fresh melon**  **Tossed salad w/ chicken** | | **12**  **Vegetable lentil soup**  **Pork roast**  **Sweet potatoes**  **Peas & onion**  **Ww roll**  **Sliced pears**  **Seafood salad sandwich** | **13**  **Irish vegetable soup**  **Corned beef**  **Cabbage & carrots**  **Boiled potato**  **Soda bread**  **Cream puff**  **No option** | **14**  **Clam chowder (red)**  **Fish sandwich**  **Cole slaw**  **Potato wedges**  **Mixed fruit**  **Ww roll**  **Egg salad sandwich** |
| **17**  **Vegetable soup**  **Shepards pie**  **Mashed potato**  **Ww roll**  **Sliced peaches**  **Chicken salad sandwich** | **18**  **Tomato soup**  **Greek style chicken thigh**  **Roasted potatoes**  **Zucchini w/ mixed vegetables**  **Pita**  **Cake**  **Chef salad** | | **19**  **Cream of broccoli soup**  **Stuffed shell w/ meatball**  **Tossed salad Ww Roll -**  **Pineapple chunks**  **Seafood salad plate** | **20 Birthday Celebration**  **Chicken soup**  **Pot roast w/ gravy**  **Mashed sweet potatoes**  **Buttered corn**  **Ww roll**  **Chocolate chip cookie**  **Egg Salad sandwich** | **21**  **Minestrone soup**  **Baked fish**  **Rice pilaf**  **Green beans**  **Ww roll**  **Watermelon**  **Tuna salad plate** |
| **24**  **Kale & bean soup**  **Chicken Francese**  **Roasted vegetables w/potatoes**  **Garlic bread**  **Watermelon**  **Roast beef on roll** | **25**  **Chicken soup**  **Manicotti w/meat sauce**  **Green beans w/peppers & onions**  **Ww roll**  **Fresh melon**  **Chicken salad plate** | | **26**  **Escarole & bean soup**  **Slow roasted pork shoulder**  **Roasted sweet potatoes**  **Buttered corn**  **Ww Roll**  **Brownie**  **Seafood salad sandwich** | **27**  **Tomato soup**  **Beef tips w/ mushroom gravy**  **Mashed potatoes**  **Peas & onions**  **Ww roll**  **Cake**  **Chopped salad w/chicken** | **28**  **Cauliflower tomato soup**  **Fish & chips**  **Cole slaw**  **Ww roll**  **Sliced peaches**  **Tuna salad plate** |
| **31**  **Vegetable soup**  **Lasagna roll up w/meat sauce**  **Wax beans**  **Ww roll**  **Sliced peaches**  **Chef salad** |  | **Suggested $3.00**  **Donation** | | | **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*** |