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*** |