

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

October 2024

To reserve a meal please call 401-423-2658. Reservations require 48-hour prior notice.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 Cream of broccoli soup Chicken cacciatore Roasted potato Green beans Ww Roll Cookie Ham & cheese on rye	2 Lentil soup w/ vegetables Pasta alla norma w/eggplant, Ground beef Mixed vegetables Ww Roll Fresh fruit Tossed salad w/ chicken	3 Lemony chicken orzo soup Roasted pork loin Sweet potatoes Buttered corn Cookie Ww roll Turkey breast on rye	4 Mushroom barley soup Sloppy joe Rice pilaf 3 – bean salad Ww roll Sliced peaches Chicken salad plate
7	Escarole & bean soup Meatball sandwich Pasta salad Ww Roll Cake Turkey Sandwich on rye	8 Minestrone soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced pears Tossed salad w/ chicken	9 Chicken soup French onion baked chicken Rice pilaf Italian vegetables Cookie Ww Roll Seafood Salad Plate	10 Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	11 Beef lentil soup Sausage & pepper sandwich Cole slaw Mixed fruit Ww roll Egg salad sandwich
14	Closed	15 Tomato soup Chicken Vesuvio w/ Potato mushroom & peas Ww roll Mixed fruit Corned beef Reuben	16 Navy bean soup Pork roast w/ gravy Roasted potatoes Green beans Ww Roll - cake Seafood salad plate	17 Vegetable soup Open turkey sandwich w/gravy Stuffing Roasted vegetables Sliced peaches – Ww roll Chicken salad plate	18 Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat
21	Meatball soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Roast beef sandwich on wheat	22 Creamy chicken potato soup Swedish meatballs Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	23 Tuscan white bean soup Baked pasta w/ ground beef, Florentine Zucchini w/carrots Ww roll Lorna doone cookie Corned beef on rye	24 Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tropical fruit Tuna salad sandwich	25 Escarole bean & sausage soup Chicken fajita w/ peppers & onions Spanish rice Sour cream Chocolate chip cookie Roll Waldorf salad w/ chicken
28	Chicken escarole soup Stuffed shell w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	29 Roasted Cauliflower soup Pork chop Italiano Rice pilaf Corn & carrots Ww roll Cake Cobb salad	30 Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Cookie Egg salad sandwich	31 Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed salad w/ chicken	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>

