

SERVING SIZES

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

Dairy – 1 cup

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	<p>1</p> <p>Closed</p>	<p>2</p> <p>Tomato soup Chicken cordon bleu Fiesta rice Sliced carrots Ww roll Chocolate cookie Egg salad on wheat</p>	<p>3</p> <p>Chicken soup Sausage & pepper sandwich Sweet potato salad Ww roll Cake Tuna salad sandwich</p>
<p>6</p> <p>Mushroom barley soup Marry me chicken Roasted potatoes Mixed vegetables Ww roll Brownie Ham salad on rye</p>	<p>7</p> <p>Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>8</p> <p>Vegetable lentil soup Breaded chicken breast w/ Southern gravy Sweet potatoes Cole slaw / ww roll Sliced pears Seafood salad plate</p>	<p>9</p> <p>Tuscan white bean soup Roasted pork loin w/gravy Roasted potatoes Italian green beans Ww roll Oatmeal cookie Chicken salad sandwich</p>	<p>10</p> <p>Clam chowder (red) Pub burger w/ cheese Cucumber salad Potato wedges Mixed fruit Ww roll Chef salad</p>
<p>13</p> <p>Vegetable barley soup Swedish meatballs Parmesan rice Broccoli Ww roll Sliced peaches Roast beef sandwich on roll</p>	<p>14</p> <p>Tomato soup Greek style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad</p>	<p>15</p> <p>Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Turkey sandwich on rye</p>	<p>16</p> <p>Meatball soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Chicken salad plate</p>	<p>17</p> <p>Chicken soup Shepards pie Mashed potato Ww roll Watermelon Tuna salad sandwich</p>
<p>20</p> <p>Closed</p>	<p>21</p> <p>Corn chowder Sloppy joe Potatoes O'Brien 3 - bean salad Ww roll Fresh melon Ham & cheese on rye</p>	<p>22</p> <p>Escarole & bean soup Chicken fajita w pepper & onion Spanish rice Mexican corn Ww Roll Tropical fruit Seafood salad sandwich</p>	<p>23</p> <p>Chicken soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken</p>	<p>24</p> <p>Cauliflower tomato soup Meatball sandwich Broccoli salad Ww roll Sliced peaches Corned beef Reuben sandwich</p>
<p>27</p> <p>Vegetable soup Lasagna roll up w/meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll</p>	<p>28</p> <p>Tomato soup Roasted chicken Roasted potatoes Peas & carrots Brownie / Ww roll Cobb salad</p>	<p>29</p> <p>Kale & bean soup Pork roast w/ gravy Parsley potatoes Mixed vegetables Ww roll Mixed fruit Chicken salad plate</p>	<p>30</p> <p>Lemon chicken orzo soup Salisbury steak w/ gravy Rice pilaf Green beans Ww roll Cake Chef salad</p>	<p>31</p> <p>Minestrone soup Chicken parm Roasted vegetables Pasta salad Ww roll Pineapple chunks Turkey sandwich</p>

