

SERVING SIZES

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

March 2025

Reservations for meals require 48 business hours' notice. The meal site is open M-F from 9-1 PM. Meals are a suggested donation of \$3.00 per meal.

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 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				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>

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