

SERVING SIZES

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

April 2025

To reserve a meal please call 401-423-2658. Meal Reservations require 48-hour notice. Cost: Suggested donation is \$3.00 per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Mushroom barley soup Chicken cacciatore Roasted potatoes Ww roll Cookies Turkey & bacon sandwich</p>	<p>2 White bean soup Mongolian pork Fried rice Broccoli florets Ww roll Cake Chicken salad plate</p>	<p>3 Cauliflower tomato soup Roasted chicken thighs Roasted potato Sweet corn Ww roll Sliced peaches Ham salad sandwich</p>	<p>4 Minestrone soup Baked fish Florentine rice Mixed vegetables Ww roll Fruit cocktail Tuna salad sandwich</p>
<p>7 Chicken soup Sloppy joe Pasta salad Ww roll Brownie Ham & cheese on rye</p>	<p>8 Minestrone soup Honey garlic chicken thighs Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>9 Vegetable lentil soup Pork chop Italiano Sweet potatoes Peas & onion Ww roll Sliced pears Seafood salad sandwich</p>	<p>10 Tomato soup Chicken n gravy Mixed vegetables Roasted potatoes Roll Cookies Chef salad</p>	<p>11 Cream of broccoli soup Fish sandwich Cole slaw Potato wedges Mixed fruit Ww roll Tuna sandwich</p>
<p>14 Vegetable soup Shepards pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich</p>	<p>15 Tomato soup Pub burger w/ cheese Sliced potatoes Ww roll Brownie Chef salad</p>	<p>16 Cream of broccoli soup Chicken coq au vin Rice pilaf Chuck wagon corn Ww Roll - Pineapple chunks Corned beef sandwich</p>	<p>17 Chicken soup Baked ham w/ sauce Mashed sweet potatoes Roasted carrots Ww roll Easter dessert Tossed salad w/ chicken</p>	<p>18 CLOSED Good Friday</p>
<p>21 Kale & bean soup Chicken cordon bleu Roasted vegetables w/potatoes Garlic bread Watermelon Roast beef on roll</p>	<p>22 Chicken soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Fresh melon Chicken salad plate</p>	<p>23 Escarole & bean soup Creamy garlic pork chops Mushroom rice pilaf Buttered corn Ww Roll - Brownie Seafood salad sandwich</p>	<p>24 Fresh fruit cup Beef stew Roasted vegetables Cookie Ww roll Chopped salad w/chicken</p>	<p>25 Cauliflower tomato soup Sausage & pepper sandwich Chips Cole slaw Ww roll - peaches Tuna salad plate</p>
<p>28 Vegetable lentil soup Fajita style chicken w/ Peppers & onions White rice Ww roll Sliced pears Cobb salad</p>	<p>29 Vegetable barley soup Pork scallopini Roasted potatoes Green beans Ww roll Fresh fruit Turkey sandwich</p>	<p>30 Meatball soup Grilled chicken Roasted zucchini Spanish rice Ww roll Oatmeal cookies Italian grinder</p>	<p>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></p>	

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