

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

June 2025

To reserve a meal: Contact us at 401-423-2658. Reservations must be made at least 48 business hours in advance. \$3.00 suggested donation per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken soup Marry me chicken Mashed potatoes Butternut squash Fresh fruit</p> <p>Ham & Swiss on rye</p>	<p>3 Minestrone soup Roasted chicken thighs Mixed vegetables Rice pilaf Cookies</p> <p>Chef salad</p>	<p>4 Creamy chicken tomato soup Beef stroganoff Mashed sweet potatoes Green beans Cake</p> <p>Seafood salad on rye</p>	<p>5 Mushroom barley soup Stuffed pork chop Rice pilaf Roasted baby carrots Sliced peaches</p> <p>Chicken salad on wheat</p>	<p>6 Vegetable soup Meatball sandwich Pasta salad w/ vegetables Watermelon</p> <p>Tuna salad plate</p>
<p>9 Escarole bean & sausage soup Chicken Diane Rice Florentine Green beans Brownie</p> <p>Ham salad on rye</p>	<p>10 Minestrone soup Sloppy joe Ww Roll Cole slaw Fresh melon</p> <p>Tossed salad w/ chicken</p>	<p>11 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears</p> <p>Seafood salad sandwich</p>	<p>12 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake</p> <p>Egg salad on wheat</p>	<p>13 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit</p> <p>Turkey sandwich</p>
<p>16 Tuscan white bean soup Pub burger w/ cheese Potato wedges Greek cucumber salad Fruit cocktail</p> <p>Chicken salad sandwich</p>	<p>17 Mushroom barley soup Chicken parm Italian potato salad w/ Vegetables Brownie</p> <p>Egg salad on rye</p>	<p>18 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon</p> <p>Tuna salad plate</p>	<p>19 Closed</p>	<p>20 Chicken soup Cheesy baked pasta w/sausage Roasted zucchini Ww garlic roll Chocolate cake</p> <p>Corned beef on rye</p>
<p>23 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon</p> <p>Roast beef on roll</p>	<p>24 Escarole & bean soup Stuffed shell w/ Meatball Roasted zucchini w/ carrot & tomato Sliced pears</p> <p>Chicken salad plate</p>	<p>25 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie</p> <p>Seafood salad sandwich</p>	<p>26 Broccoli & cheese soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Cake</p> <p>Chopped salad w/chicken</p>	<p>27 Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches</p> <p>Cobb salad</p>
<p>30 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green & wax bean salad Chocolate chip cookie</p> <p>Turkey sandwich on wheat</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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