


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

April 2024

Funded in Part by the US
 Administration on Aging and
 the Rhode Island Office of
 Healthy Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1 Mushroom barley soup Chicken parm Italian veg. mix Roasted sweet/white potato Ww roll Pudding Roast beef w/ Swiss</p>	<p>2 Lentil soup with vegetables Sausage & pepper sandwich Green beans Herb red potato salad Ww roll Fresh fruit Chef salad</p>	<p>3 Vegetable soup Beef w/ broccoli & mushrooms Parmesan rice Roasted zucchini w/carrots Ww roll Cake Spinach salad w/ chicken</p>	<p>4 Chicken escarole soup Slow roasted BBQ pork Cole slaw Pasta salad Ww roll Watermelon Seafood salad sandwich</p>	<p>5 Tomato soup Beer battered fish Spanish rice Broccoli florets Sliced ww bread Pineapple chunks Turkey sandwich on roll</p>	
<p>8 Chicken & rice soup Chicken alfredo Florentine rice Sautéed vegetable Multi grain roll Pudding Ham & cheese on wheat</p>	<p>9 Cream of broccoli soup Sweet & sour meatballs Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken</p>	<p>10 Vegetable lentil soup Greek roasted chicken thighs Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese</p>	<p>11 Kale & bean, sausage soup Pot roast w/gravy Mashed potatoes Mixed vegetables Ww roll Cake Chicken salad plate</p>	<p>12 Roasted cauliflower soup Shepards pie Mashed potatoes Ww roll Oatmeal cookie Tropical fruit Tuna salad sandwich</p>	
<p>15 Navy bean soup w/vegetables Sloppy joe Sautéed Italian vegetables Pasta salad Ww roll Fig newton Egg salad sandwich</p>	<p>16 Chicken escarole soup Chicken cacciatore Roasted potatoes Ww roll Lorna doone cookie Spinach salad w/ chicken</p>	<p>17 Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches Ww roll Ham & cheese sandwich</p>	<p>18 Tomato soup Open turkey sandwich w/ gravy Stuffing Cole slaw Ww bread Brownie Italian grinder</p>	<p>19 Clam chowder (red) Meatball & pepper sandwich 3 – bean salad Chips Cantaloupe Ww roll Tuna salad plate</p>	
<p>22 Minestrone soup Stuffed shell w/meatball Cucumber salad Sliced roasted potatoes Ww roll Chocolate cookie Egg salad sandwich</p>	<p>23 Vegetable barley soup Fried chicken Sweet potatoes Cole slaw Ww roll Fresh fruit Reuben on rye</p>	<p>24 Chicken cavatelli soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Cake Ww roll Greek salad w/ chicken</p>	<p>25 Escarole & bean soup Salisbury steak w/gravy Rice pilaf Green beans w/ carrots Whole Wheat Roll Pudding Tuna sandwich</p>	<p>26 French onion soup Chicken marsala Florentine rice Mixed vegetables Ww roll Tropical fruit Chicken salad sandwich</p>	
<p>29 Tomato soup Chicken thigh w/ gravy Mashed sweet/ white potatoes Zucchini Tomatoes & carrots Ww roll- cookie Turkey sandwich on ww roll</p>	<p>30 Turkey soup w /vegetables Roasted pork loin w/gravy Mixed vegetables Greek lemon potatoes Cake Cobb salad</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Suggested Donation \$3.00 Call 401-625-6790 to order</p>			

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