


Call 401-625-6790 to Order

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	 <p>east bay community action program THE BRIDGE TO SELF-RELIANCE</p>		<p>1 French lentil soup Roasted pork loin w/ gravy Roasted potatoes Green beans Jello Roll Ham & cheese sandwich</p>	<p>2 Mulligan stew Sweet & sticky chicken Mixed vegetables Rice pilaf Ww roll Pineapple chunks Roast beef w/ roll</p>
<p>5 Vegetable soup Baked chicken w/ mushrooms Roasted sweet potatoes Baby carrots w/ green beans Sliced cake Ww Roll Seafood salad on wheat</p>	<p>6 Chicken escarole soup Pepper steak Roasted potatoes Roasted zucchini w/ tomato Oatmeal cookie Ww Roll Egg salad plate</p>	<p>7 Vegetable lentil soup Sausage & pepper sandwich Pasta Salad Chips Ww roll Sliced pears Turkey & Swiss cheese</p>	<p>8 Tomato soup Italian style pork chop Roasted potatoes Mixed vegetables Ww Roll Cup cake Chicken salad plate</p>	<p>9 Roasted cauliflower soup Swedish meatballs Mashed potatoes Peas & carrots Ww Roll Fresh fruit Cobb salad</p>
<p>12 Cream of broccoli soup Sloppy joe Cole slaw Pretzel Ww Roll Tropical fruit Chef salad</p>	<p>13 Navy bean soup Baked rigatoni w/meatballs Green beans w/stewed tomatoes Garlic bread Lorna doone cookie Seafood salad sandwich</p>	<p>14 Vegetable barley soup Shepard's pie Mashed Potatoes Ww Roll Chocolate chip cookie Tuna salad sandwich</p>	<p>15 Minestrone soup Veal patty w/ mushrooms Roasted vegetables Sweet potato Ww Roll Sliced peaches Spinach salad w/ chicken</p>	<p>16 Clam chowder (red) Potato crusted fish Cole Slaw Rice pilaf Ww Roll Pudding Egg salad Sandwich</p>
<p>19 Closed for PRESIDENT's DAY</p>	<p>20 Vegetable barley soup Beef Teriyaki Fried rice Snow peas Ww Roll - Pudding Chicken salad on rye</p>	<p>21 Vegetable soup Meatball w/stuffed shell Mixed vegetables Ww roll Watermelon Greek salad w/ chicken</p>	<p>22 Kale & bean soup Sliced turkey w/ gravy Buttered corn Stuffing Fresh fruit – Ww roll Tuna salad plate</p>	<p>23 French Onion soup Filet of fish sandwich Cole slaw Potato wedges Ww roll Chef salad</p>
<p>26 Chicken soup Breaded chicken cutlet w/ gravy Florentine rice Baby carrots Ww Roll Pudding Turkey sandwich on wheat</p>	<p>27 Venus de milo soup Meatball & pepper sandwich Roasted potatoes Ww roll Fig newton Spinach salad w/chicken</p>	<p>28 Fresh fruit Tossed salad Beef stew Ww Roll Pineapple chunks Cobb salad</p>	<p>29 Lentil & pea soup Salisbury steak w/ gravy Mashed potatoes Sweet corn Ww Roll Tropical fruit Ham & Swiss on rye</p>	<p>Funded in part by the US Administration on Aging and the Rhode Island Of Healthy Aging.</p>

