SERVING SIZES
Grains - 2 ounces
Vegetables- $1 / 2$ cup Fruits - $1 / 2$ cup
Protein - 3 ounces
Dairy-1 cup

## Funded in Part by the

 US Administration onAging and the Rhode Island Office of Healthy Aging

| MONDAY TUESDAY |  | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| 1 <br> Closed | 2 <br> Tomato Soup <br> Shepard's pie <br> Mashed Potatoes <br> Roll <br> Oatmeal Cookie <br> Chicken Salad on Rye | 3 <br> Lentil Soup <br> Open Turkey Sandwich <br> Cole Slaw <br> Potato Wedge <br> WW Bread <br> Fruit <br> Greek Salad w/Chicken | 4 <br> Mushroom barley soup <br> Chicken cacciatore <br> Roasted potatoes <br> Green beans <br> Cake <br> Roll <br> Chef salad | 5 <br> Split Pea soup <br> Potato crusted fish <br> Mixed Vegetables <br> Spanish rice <br> Roll <br> Pineapple chunks <br> Roast beef with/ roll |
| 8 <br> Vegetable soup <br> Honey glazed chicken <br> Roasted potatoes <br> Baby carrots w/ green beans <br> Sliced cake <br> Roll <br> Egg salad on wheat | 9 <br> Escarole bean \& sausage soup <br> Lasagna roll up w/meat sauce <br> Waxed beans <br> Oatmeal cookie <br> Garlic bread <br> Seafood salad plate | 10 <br> Vegetable lentil soup <br> Sloppy Joe <br> Macaroni Salad <br> Broccoli <br> Roll <br> Sliced pears <br> Turkey \& Swiss cheese | 11 <br> Chicken noodle soup <br> Pork roast w/ gravy <br> Rice Pilaf <br> Mixed Vegetables <br> WW Roll <br> Sliced peaches <br> Chicken salad plate | 12 <br> Fish chowder Swedish meatballs <br> Mashed potatoes <br> Peas \& onions <br> Roll <br> Cookies <br> Cobb salad |
| 15 <br> Closed | 16 <br> Pasta Fagioli <br> Baked Tuscan chicken <br> Rice Pilaf <br> Zucchini w/ tomatoes <br> WW Roll <br> Cake <br> Corned beef on rye | 17 <br> Chicken soup <br> American Chop Suey <br> Wax \& Green Beans <br> WW roll <br> Fresh Fruit <br> Chicken Waldorf salad plate | 18 <br> Cream of broccoli soup <br> Slow-cooked pulled pork <br> Roasted sweet potatoes <br> Roasted vegetables <br> Roll <br> Apple slices <br> Tuna salad plate | 19 <br> Minestrone Soup <br> Meatball Sandwich <br> Cole Slaw <br> Pasta Salad w/veggies <br> WW Roll <br> Tropical Fruit <br> Ham \& Cheese Sandwich |
| 22 <br> Beef barley vegetable soup <br> Baked rigatoni w/ meatballs <br> Green beans w/stewed tomatoes <br> Garlic bread <br> Fresh fruit <br> Seafood salad sandwich | 23 <br> Tomato soup Chicken Teriyaki <br> Fried rice <br> Snow peas <br> WW Roll - Pudding <br> Roast beef sandwich | 24 <br> Vegetable lentil soup <br> Stuffed shell \& meatball <br> Mixed Vegetables <br> WW roll <br> Fruit <br> Chicken salad on rye | 25 <br> Kale \& bean soup <br> Pot roast w/ gravy <br> Green beans <br> Mashed potatoes <br> Roll - Jello <br> Tuna salad plate | 26 <br> Turkey barley soup <br> Pub burger w/ cheese <br> Chips - roll <br> Potato Salad <br> Cookie <br> Chef salad |
| 29 <br> Chicken soup <br> Grilled sweet chicken breast <br> Florentine rice <br> Corn, peas \& carrots <br> Roll - pudding <br> Turkey sandwich on wheat | 30 Fresh Fruit <br> Beef stew <br> Tossed salad <br> Roll <br> Oatmeal cookie <br> Corned beef on rye <br> Tuna salad plate | 31 <br> Potato \& leek soup <br> Sweet \& sour pork <br> Vegetable fried rice <br> Mixed Vegetables <br> Tropical fruit/roll <br> Tossed salad with/ chicken | All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <br> Suggested Donation $\$ 3.00$ | east bay community action program <br> THE BRIDGE to SELF-RELIANCE |

