

SERVING SIZES

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

March 2024

Call 401-625-6790 to order


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Suggested Donation \$3.00</p>		<p>1</p> <p>Tomato soup Beer battered fish Rice pilaf Green beans Sliced ww bread Pineapple chunks Roast beef on roll</p>
<p>4</p> <p>Vegetable soup Chicken cordon bleu w/ gravy Rice Florentine Sauteed vegetable Multi grain roll Pudding Seafood salad on wheat</p>	<p>5</p> <p>Chicken escarole Soup Top sirloin roast Roasted potatoes Zucchini w / tomatoes Jello Ww roll Chef salad</p>	<p>6</p> <p>Vegetable lentil soup Roasted chicken thighs Green beans Ww roll Sliced pears Turkey & Swiss cheese</p>	<p>7</p> <p>Kale & bean soup Meatloaf w/ gravy Mashed potatoes Mixed vegetables - roll Cake Chicken salad plate</p>	<p>8</p> <p>Roasted cauliflower soup Potato crusted fish Rice pilaf Peas & carrots Fresh fruit - Ww roll Tuna salad plate</p>
<p>11</p> <p>Chicken soup Lasagna roll up w/ meat sauce Sauteed Italian vegetables Garlic bread Tropical fruit Egg salad sandwich</p>	<p>12</p> <p>Navy bean soup w/ vegetables Chicken francs Green beans w / stewed tomatoes Spanish rice Lorna doone cookie Seafood salad sandwich</p>	<p>13</p> <p>Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches – Ww roll Spinach salad w/chicken</p>	<p>14</p> <p>Irish potato soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Brownie</p>	<p>15</p> <p>Clam chowder (red) Baked fish Cole slaw Rice pilaf Pudding – Ww roll Tuna salad plate</p>
<p>18</p> <p>Minestrone soup Baked chicken topped w/ Eggplant Bolognese Roasted potato Chocolate cookie – Ww roll Roast beef on roll</p>	<p>19</p> <p>Vegetable barley soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Ww roll - pudding Chicken salad on rye</p>	<p>20</p> <p>Chicken & rice soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Watermelon - Ww roll Greek salad w/ chicken</p>	<p>21</p> <p>Escarole & bean soup Veal & pepper Sandwich Marinated vegetable salad Whole Wheat Roll Fresh fruit Tuna sandwich</p>	<p>22</p> <p>French onion soup Fish filet sandwich Cole slaw Potato wedges Ww roll - Oatmeal cookie Chef salad</p>
<p>25</p> <p>Chicken soup Shepards pie Mashed potatoes Pudding Ww roll Turkey sandwich on ww roll</p>	<p>26</p> <p>Turkey soup w /vegetables Meatball sandwich 3- bean salad Roll- Cake Cobb salad</p>	<p>27</p> <p>Tomato soup Crustless chicken pot pie Mashed potatoes Ww roll Fig newton Corned beef on rye</p>	<p>28</p> <p>Vegetable lentil soup Balsamic pork tenderloin Sweet mashed potatoes Mixed vegetables Ww roll – Fresh fruit Ham & Swiss cheese</p>	<p>29</p> <p>Fish chowder Fish cakes Rice pilaf/ Sliced carrots Sliced pears - Ww roll Egg salad plate</p>

