

May Lunch Menu: Serving sizes: Grains- 2 ounces, Vegetables- ½ cup, Fruits- ½ cup, Protein- 3 ounces, Dairy- 1 cup.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are ordered every Wednesday for the following week. We kindly ask that members make their best efforts to have their menus filled out and submitted within 2 days of order. To make changes to your menu or if you have any questions please contact Kathy in the kitchen at 401-944-3343 X6. Lunch menus for the month of June, can be found on our website (www.JSCRI.org) or at the center mid May for viewing</p>				
		<p>1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich</p>	<p>2 Chicken escarole soup Marry me chicken Mushroom rice pilaf Roasted veg WW roll Cake Seafood salad plate</p>	<p>3 Minestrone soup Sloppy joe Herb red potato salad Charred broccoli WW roll Pineapple chunks Turkey sandwich</p>
<p>6 Mushroom barley soup Greek Chicken Thighs Florentine Rice Multi grain roll Choc chip cookie Roast beef w/ swiss</p>	<p>7 Cream of broc soup Pepper steak Veg fried rice Zucchini w/ tomato Peaches WW roll Greek salad w/ chick</p>	<p>8 Veg lentil soup Honey garlic pork tenderloin Green beans Sweet potato WW roll Sliced pears Turkey & swiss</p>	<p>9 Italian wedding soup Roasted chicken w/gravy Stuffing Mixed veg Mashed potato Cake Seafood salad plate</p>	<p>10 Roasted cauliflower soup Meatball sandwich Pasta salad WW roll Chips Fresh fruit Tuna salad sandwich</p>
<p>13 Bean soup w/ veg Baked chicken topped w/ eggplant bolognese Roasted potato WW roll Pineapple Ham & cheese</p>	<p>14 Tomato soup Swiss steak Steamed potato Buttered corn WW roll Cookie Spinach salad w/chicken</p>	<p>15 Chicken soup Pork chop italiano Sweet potato Green beans WW roll Fresh fruit Italian grinder</p>	<p>16 Minestrone soup Meatloaf w/ gravy Mashed potato Peas & carrots WW roll Brownie Egg salad</p>	<p>17 Tuscan bean soup Lasagna roll up Spinach w/ veg WW roll Sliced pears Tuna salad plate</p>
<p>20 Kale bean & sausage soup Roasted chicken Cucumber salad Sweet potato Choc cookie WW roll Egg salad sandwich</p>	<p>21 Veg barley soup Manicotti w/ sauce Italian green bean salad WW roll Tropical fruit Reuben on rye</p>	<p>22 Irish veg soup Pork roast w/ gravy Mixed veg Mashed potato Fresh fruit WW roll Greek salad w/ chick</p>	<p>23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf Baby carrots WW roll Cake Tuna salad plate</p>	<p>24 Vegetable soup Baked pasta w/ meatball, sausage, cheese Waxed beans Garlic bread Sliced peaches Chef salad</p>
<p>27 Closed</p>	<p>28 Chicken soup Swedish meatballs Mashed potato Zucchini w/ tomato Pudding Cobb salad</p>	<p>29 Mushroom chickpea soup Chicken scallopini Mixed veg Parmesan rice Cantaloupe Spinach salad w/ chicken</p>	<p>30 Lentil soup w veg Chicken cordon bleu Peas & onion Spanish rice Choc chip cookie Chef salad</p>	<p>31 Veg soup Shepards pie Mashed potato WW roll Honeydew Ham & cheese</p>