

SERVING SIZES

Grains – 2 ounces
 Vegetables – ¼ cup
 Fruits – ¼ cup
 Protein – 3 ounces
 Dairy – 1 cup

September 2026

MONDAY

7

CLOSED

14

Chicken soup
 Shepards pie
 Mashed potatoes
 Fresh melon
 Corned beef on rye

21

Three bean soup
 Honey Dijon chicken
 Sweet potatoes
 Prince Edward vegetables
 Tropical fruit
 Roast beef sandwich

28

Escarole & bean soup
 Sloppy joe
 Roasted potato
 Italian green beans
 Fresh fruit
 Ham & cheese on rye

TUESDAY

1

Fresh fruit cup
 Classic Texas chili
 Riced cauliflower
 Corn bread
 Cookies
 Seafood salad plate

8

Minestrone soup
 Mediterranean chicken
 Sautéed Greek vegetables
 Lemon potatoes
 Lorna Dune Cookies
 Seafood salad sandwich

15

Lentil soup
 Spanish chicken
 Rice n beans
 Sliced carrots
 Chocolate cake
 Tuna salad plate

22

Carrot soup
 Pepper steak
 Broccoli cauliflower mix
 Mashed potato
 Sliced peaches
 Egg salad on rye

29

Lentil And bean soup w/ kale
 Lemon chicken w/artichokes
 Mixed vegetables
 Rice pilaf
 Cookie
 Roast beef sandwich

WEDNESDAY

2

Chicken noodle soup
 Roasted chicken w/ gravy
 Green beans
 Mashed potatoes
 Fresh melon
 Ham & Swiss cheese on rye

9

Mushroom barley soup
 Swedish meatballs
 Buttered corn
 Mashed potatoes
 Mixed fruit
 Spinach salad w/ chicken

16

Vegetable soup
 Baked pasta w/ sausage &
 Mini meatballs
 Summer vegetables
 Sliced pears
 Chicken salad sandwich

23

Creamy vegetable soup
 Hawaiian pineapple pork
 White rice
 Baby carrots
 Cookie
 Cobb salad

30

Chicken soup
 Apple cider pork roast
 Sweet potatoes
 Stewed tomatoes
 Fruit cocktail
 Tuna salad sandwich

THURSDAY

3

Tuscan lentil soup
 Creamy garlic pork chop
 Rice pilaf
 Sweet peas & carrots
 Cake
 Greek salad w/ chicken

10

Creamy vegetable soup
 Roasted pork loin w/ gravy
 Cauliflower mashed potatoes
 Green beans
 Brownie
 Egg salad sandwich

17

Tomato spinach & basil soup
 Beef tips w/ gravy
 Italian style zucchini
 Sweet potatoes
 Jello
 Turkey on rye

24

Chicken soup
 Roasted turkey w/ gravy
 Stuffing
 Buttered corn
 Cake
 Greek salad w/ chicken

FRIDAY

4

Tomato basil soup
 Baked fish
 Italian vegetables
 Roasted sweet potatoes
 Sliced pears
 Cobb salad

11

Navy bean soup
 Sausage & pepper sandwich
 3 bean salad
 Potato wedges
 Sliced peaches
 Greek salad w/ chicken

18

Clam chowder
 Roasted chicken thighs w/gravy
 Rice pilaf
 Mixed vegetables
 Watermelon
 Italian grinder

25

Tuscan soup w/ vegetables
 Pub burger w/ cheese
 Greek cucumber salad
 Chips
 Fresh fruit
 Turkey & cheese sandwich

All menu items may contain
 nuts, seeds, beans, wheat
 bran, and other allergens

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