

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ¼ cup
 Protein – 3 ounces
 Dairy – 1 cup

April 2026

Full Name: _____

MONDAY

All meals are served with a roll

- 6
- Escarole & bean soup
- Chicken parm
- Roasted potatoes
- Baby carrots
- Sliced peaches
- Ham & cheese on rye

- 13
- Vegetable soup
- Chicken French stew
- Mashed potatoes
- Green beans
- Sliced peaches
- Roast beef sandwich

- 20
- Minestrone soup
- Chicken marsala
- Rice pilaf
- Mixed vegetables
- Fruit cocktail
- Ham & cheese on rye

- 27
- Chicken escarole soup
- Sausage & peppers sandwich
- 3-bean salad
- Chips
- Sliced melon
- Corned beef & Swiss On rye

TUESDAY

- 7
- Minestrone soup
- Lasagna roll up w/ meat sauce
- Roasted zucchini and tomatoes
- Cookies
- Seafood salad plate

- 14
- Chicken escarole soup
- Meatball sandwich
- Cole slaw
- Roasted sweet potatoes
- Brownie
- Cobb salad

- 21
- Vegetable barley soup
- Swedish meatballs
- Mashed potatoes
- Wax beans
- Cookies
- Greek salad w/ chicken

- 28
- Tuscan vegetable soup
- Oven roasted chicken
- Rice pilaf
- Roasted vegetables
- Tropical fruit
- Tossed salad w/ chicken

WEDNESDAY

- 1
- Mushroom barley soup
- Spanish beef
- Rice pilaf
- Corn w/ diced tomato
- Sliced melon
- Turkey & cheese on wheat

- 8
- Chicken soup
- Sloppy Joe
- Cole slaw
- Mixed vegetables
- Mixed fruit
- Turkey & bacon on wheat

- 15
- Vegetable barley soup
- Baked chicken topped w/ eggplant bolognese
- Greek cucumber salad
- Watermelon
- Seafood salad plate

- 22
- Tomato soup
- Pepper steak w/ gravy
- White rice w/green onions
- Roasted vegetables
- Sliced peaches
- Chicken salad on wheat

- 29
- Split pea soup
- Pork chops w/ mushroom sauce
- Roasted rosemary root
- Vegetables w/potatoes
- Cookie
- Chef salad

THURSDAY

- 2
- Tomato rice soup
- Baked ham w/ raisin sauce
- Green bean
- Sweet potatoes
- Cup cake
- Greek salad w/ chicken

- 9
- Vegetable lentil soup
- Pork roast w/ gravy
- Mashed potatoes
- Roasted vegetables
- Yellow cake
- Italian grinder

- 16
- Corn chowder
- Pork loin w/tom, peppers onion
- Mashed sweet potatoes
- Roasted carrots
- Sugar cookie
- Chef salad

- 23
- Chicken & rice soup
- Stuffed meatloaf w/ gravy
- Mashed potatoes
- Buttered corn
- Cake
- Italian chopped salad

- 30
- Minestrone soup
- Sauteed beef w/ gravy
- Creamy parmesan rice
- Baby carrots w/ honey herb butter
- Lemon cake
- Italian Grinder

FRIDAY

- 3
- Mediterranean lentil soup
- Potato crusted baked fish
- Broccoli & tortellini salad
- Sweet peas
- Cookies
- Roast beef sandwich

- 10
- Tuscan white bean soup
- Pub burger w/ cheese
- 3 bean salad
- Pasta salad
- Sliced apples
- Egg salad plate

- 17
- Tuscan soup
- Chicken cacciatore
- Roasted zucchini mix
- Rice pilaf
- Peaches
- Tuna salad plate

- 24
- Lentil vegetable soup
- Baked pasta w/ meatballs & Sausage
- Roasted vegetables
- Sliced pears
- Turkey & cheese on wheat

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens
 Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging