

August 2026

SERVING SIZES

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

MONDAY

3
Chicken noodle soup
Roasted chicken w/ gravy
Rice pilaf
Green beans
Watermelon
Roast beef sandwich

10
CLOSED

17
Navy bean soup
Chicken piccata
Lemon herb rice pilaf
Roasted zucchini w/ tomatoes
Sliced peaches
Corned beef on rye

24
Mushroom barley soup
Baked pasta w/ sausage & meatballs
Broccoli, zucchini carrots
Fruit cocktail
Roast beef sandwich

31
Tomato spinach & basil soup
Chicken cacciatore
Roasted potato
Italian green beans
Fresh fruit
Ham & cheese on rye

TUESDAY

4
Vegetable soup
Shepards pie
Mashed potatoes
Sliced pears
Tuna salad on rye

11
Tuscan bean soup
Tuscan chicken
Cauliflower mashed potatoes
Mixed vegetables
Lorna dune cookies
Seafood salad sandwich

18
Tomato soup
Meatball & pepper sandwich
Italian vegetables
Roasted potatoes
Chocolate cake
Greek salad w/chicken

25
Carrot soup
Sausage & pepper sandwich
Roasted zucchini
Chips
Sliced peaches
Egg salad on rye

WEDNESDAY

5
Creamy potato soup
Baked fish
Sliced carrots
Rice pilaf w/ mushrooms
Chocolate chip cookie
Chicken salad plate

12
Minestrone soup
Pork tenderloin w/ gravy
Buttered corn
Mashed potatoes
Mixed fruit
Turkey & bacon on wheat

19
Vegetable soup
Creamy pork chops
Cilantro lime rice
Summer vegetables
Sliced pears
Chicken salad plate

26
Creamy vegetable soup
Lemon chicken and artichokes
White rice
Baby carrots
Cookie
Ham salad on wheat

THURSDAY

6
Broccoli cheddar soup
Meatloaf w/gravy
Sweet potatoes
Sweet peas
Sliced peaches
Seafood salad sandwich

13
Lentil soup
Chicken marsala
Roasted potatoes
California blend vegetables
Tropical fruit
Egg salad sandwich

20
Chicken Rice soup
Pot roast w/ gravy
Italian style zucchini
Sweet potatoes
Cake
Turkey on rye

27
Chicken soup
Pork chop w/ apples
Mashed potatoes
Buttered corn
Cake
Greek salad w/ chicken

FRIDAY

7
Tomato soup
Chicken parmesan
Italian vegetables
Roasted potatoes
Yellow cake
Cobb salad

14
Fresh mixed fruit
Pub burger w/ cheese
Hot dog
Cole slaw
Chips
Greek salad

21
Clam chowder
Cider glazed chicken thighs
Rice pilaf
Cole slaw
Watermelon
Italian grinder

28
Tuscan soup w/ vegetables
Chicken w/fennel & peppers
Greek cucumber salad
Rice pilaf
Tropical fruit
Turkey & cheese sandwich

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

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