

SERVING SIZES

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

December 2025

MONDAY

1
Tuscan white bean soup
Shepards pie (peas carrots, corn)
Mashed potato
Oatmeal raisin cookie
Ham & cheese on wheat

8
Escarole & bean soup
Baked chicken topped w/
Eggplant Bolognese
Roasted vegetable
Chocolate chip cookie
Egg salad on rye

15
Kale & chickpea soup
Greek style chicken thigh
Golden rice pilaf
Mixed vegetables
Tropical fruit
Tossed salad w/ chicken

22
Vegetable soup
Oven roasted chicken
Spanish rice
Tomato corn salsa
Chocolate chip cookie
Turkey & cheese on wheat

29
Vegetable barley soup
Sausage & pepper sandwich
3-bean salad
Greek salad
Lorna Doone cookie
Chicken salad on wheat

TUESDAY

2
Mushroom barley soup
Creamy Dijon chicken
Green beans
Sweet potatoes
Sliced melon
Tuna salad plate

9
Minestrone soup
Baked Ziti w/
Meatball, spinach & cheese
Roasted carrots
Sliced pears
Seafood salad plate

16
Irish vegetable soup
Meatball sandwich
Broccoli florets
Sliced peaches
Egg salad on rye

23
Chicken soup
Swedish meatballs
Mashed potatoes
Capri vegetables
Sliced pears
Chef salad

30
Chicken & rice soup
Chicken marsala
Rice pilaf
Baby carrots
Sliced fruit
Tossed salad w/ chicken

WEDNESDAY

3
Lentil vegetable soup
Meatball sandwich
3-bean salad
Roasted potato
Fresh fruit
Tossed salad w/chicken

10
Vegetable soup
Pork roast w/ gravy
Mixed vegetables
Spanish rice
Sliced peaches
Turkey sandwich on wheat

17
Meatball soup
Sloppy joe sandwich
Roasted potatoes
Green beans
Yellow cake
Tuna salad plate

24
Orange juice
Scrambled eggs
Home fries
Bacon
Muffins
Ham & cheese on wheat

31
Orange juice
Scrambled eggs
Potatoes O'Brien
Sliced ham
Muffins
Bagel sandwich

THURSDAY

4
Tomato soup
Meatloaf w/ gravy
Sweet potatoes
Cauliflower & Broccoli mix
Fruit cocktail
Chef salad

11
Chicken soup
Salisbury steak w/gravy
Kale
Mashed potatoes
Cake
Ham & cheese on wheat

18
Italian wedding soup
Chicken cordon bleu
Brussel sprouts
Mashed potatoes
Holiday desserts

25
Closed

Rolls are served with all meals

FRIDAY

5
Chicken soup
Pub burger w/ cheese
Cole slaw
Corn ribs
Cake
Chicken salad on wheat

12
Broccoli & cheese soup
Chicken cacciatore
Rice pilaf
Peas & carrots
Sliced apples
Chef salad

19
Navy bean soup
Lasagna roll up w/ meat sauce
Roasted zucchini mix
Garlic bread
Peaches
Chicken salad sandwich

26
Closed

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

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