

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

# November 2024

## MONDAY

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

4  
 Chicken soup  
 Marry me meatballs  
 Rice pilaf  
 Green beans  
 Ww roll  
 Cookies  
 Ham salad on rye

11

**Closed**

18  
 Tomato soup  
 Honey Glazed chicken  
 Rice pilaf florentine  
 Roasted mixed vegetables  
 Ww roll  
 Oatmeal cookie  
 Turkey sandwich

25  
 Chicken escarole soup  
 Lasagna roll up w/ meat sauce  
 Wax beans  
 Ww roll  
 Sliced peaches  
 Roast beef on roll

## TUESDAY

5  
 Minestrone soup  
 Chicken teriyaki  
 Roasted carrots & broccoli  
 Steamed white rice  
 Ww Roll  
 Sliced pears  
 Tossed salad w/ chicken

12  
 Kale & bean soup  
 Chicken w/roasted tomato  
 Mushrooms & red onion  
 Rice pilaf  
 Ww roll  
 Sliced pears  
 Roast beef on roll

19  
 Chicken soup  
 Meatball & peppers sandwich  
 Green beans  
 Sliced potatoes  
 Roll  
 Sliced peaches  
 Chef salad

26  
 Roasted Cauliflower soup  
 Marry me chicken  
 Rice pilaf  
 Corn & carrots  
 Ww roll  
 Cobb salad

## WEDNESDAY

6  
 Beef lentil soup  
 Sausage peppers and  
 Roasted potatoes  
 Ww roll  
 Fresh melon  
 Seafood Salad Plate

13  
 Navy bean soup  
 Pork roast w/ gravy  
 Mashed sweet potatoes  
 Green beans  
 Ww Roll -  
 Cake  
 Seafood salad plate

20  
 Tuscan white bean soup  
 Pasta alla norma w/eggplant  
 Ground beef  
 Zucchini & carrots  
 Ww roll  
 Lorna doone cookie  
 Tossed salad w/ chicken

27  
 Vegetable soup  
 Roast beef w/gravy  
 Mashed sweet potato  
 Mixed vegetables  
 Ww roll  
 Egg salad sandwich

## THURSDAY

7  
 Tomato soup  
 Pork scallopini  
 Mashed potatoes  
 Baby carrots  
 Ww roll  
 Sliced peaches  
 Tuna salad sandwich

14  
 Chicken soup  
 Stuffed meatloaf  
 Mashed potatoes  
 Buttered corn  
 Sliced peaches -  
 Ww roll  
 Chicken salad sandwich

21  
 Squash soup  
 Roast turkey w/gravy  
 Stuffing  
 Mashed potatoes  
 Roasted vegetables  
 Cranberry sauce/ roll  
 Holiday Pies

28

**Closed**

## FRIDAY

1  
 Mushroom barley soup  
 French onion baked chicken  
 Rice pilaf  
 Italian mixed vegetable  
 Ww roll  
 Sliced peaches  
 Chicken salad plate

8  
 Cream of broccoli soup  
 Sloppy joe  
 Sliced potatoes  
 Cole slaw  
 Mixed fruit  
 Ww roll  
 Turkey & bacon sandwich

15  
 Vegetable barley soup  
 Shepards pie  
 Mashed potato  
 Ww roll  
 Cookie  
 Ham & cheese on wheat

22  
 Escarole bean & sausage soup  
 Pub burger w/cheese  
 Potatoes wedges  
 3 - bean salad  
 Ww roll  
 Fresh fruit  
 Waldorf salad w/ chicken

30  
**Closed**