

SERVING SIZES

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

June 2025

MONDAY

2
Chicken soup
Marry me chicken
Mashed potatoes
Butternut squash
Fresh fruit
Ham & Swiss on rye

9
Escarole bean & sausage soup
Chicken Diane
Rice Florentine
Green beans
Brownie
Ham salad on rye

16
Tuscan white bean soup
Pub burger w/ cheese
Potato wedges
Greek cucumber salad
Fruit cocktail
Chicken salad sandwich

23
Vegetable lentil soup
Chicken marsala
Potato wedges
Mixed vegetables
Watermelon
Roast beef on roll

30

TUESDAY

3
Minestrone soup
Roasted chicken thighs
Mixed vegetables
Rice pilaf
Cookies
Chef salad

10
Minestrone soup
Sloppy joe
Ww Roll
Cole slaw
Fresh melon
Tossed salad w/ chicken

17
Mushroom barley soup
Chicken parm
Italian potato salad w/
Vegetables
Brownie
Egg salad on rye

24
Escarole & bean soup
Stuffed shell w/
Meatball
Roasted zucchini w/ carrot &
tomato
Sliced pears
Chicken salad plate

WEDNESDAY

4
Creamy chicken tomato soup
Beef stroganoff
Mashed sweet potatoes
Green beans
Cake
Seafood salad on rye

11
Vegetable lentil soup
Roasted pork loin w/gravy
Rice pilaf
Peas & onion
Sliced pears
Seafood salad sandwich

18
Chicken soup
Pork shoulder roast w/ gravy
Rice pilaf
Peas & carrots
Watermelon
Tuna salad plate

25
Tomato soup
Mediterranean chicken
Potatoes mushrooms &
Tomatoes
Oatmeal cookie
Seafood salad sandwich

THURSDAY

5
Mushroom barley soup
Stuffed pork chop
Rice pilaf
Roasted baby carrots
Sliced peaches
Chicken salad on wheat

12
Vegetable soup
Pot roast w/ gravy
Mashed potatoes
Roasted zucchini & tomatoes
Cake
Egg salad on wheat

19
Closed

26
Broccoli & cheese soup
Beef tips w/mushroom gravy
Mashed potatoes
Baby carrots
Cake
Chopped salad w/chicken

FRIDAY

6
Vegetable soup
Meatball sandwich
Pasta salad w/
vegetables
Watermelon
Tuna salad plate

13
Tomato soup
Grilled chicken
Spanish rice
Mixed vegetables
Mixed fruit
Turkey sandwich

20
Chicken soup
Cheesy baked pasta w/sausage
Roasted zucchini
Ww garlic roll
Chocolate cake
Corned beef on rye

27
Chicken escarole soup
BBQ pulled pork
Baked beans
Potato salad
Peaches
Cobb salad

* The Center will be *
closed June 30th -
July 4th

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