

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

July 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>Dinner rolls are served with all meals</p> | <p>1 Tuscan white bean soup Lasagna roll up w/meat sauce Greek cucumber salad Fruit cocktail Chicken salad sandwich</p> | <p>2 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread</p> | <p>3 Creamy tomato chicken soup Pub burger w/cheese Pasta salad w/ vegetables Strawberry short cake Tuna salad plate</p> | <p>4 Closed</p> |
| <p>7 Escarole bean & sausage soup Chicken parm Roasted potatoes Green beans Brownie Ham salad on rye</p> | <p>8 Minestrone soup Shepards pie Mashed potatoes Fresh melon Tossed salad w/ chicken</p> | <p>9 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich</p> | <p>10 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake Spinach salad w/ chicken</p> | <p>11 Vegetable soup Open turkey sandwich w/gravy Stuffing Green beans Cookies Ham & cheese on rye</p> |
| <p>14 Mushroom barley soup Sloppy joe w/ ww roll Cole slaw Mediterranean potato salad Fresh melon Chef salad</p> | <p>15 Escarole & bean soup Sausage & Pepper sandwich Broccoli florets Roasted sweet potatoes Cake Egg salad on rye</p> | <p>16 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate</p> | <p>17 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad</p> | <p>18 Broccoli & cheese soup Stuffed shells Roasted zucchini w/mushrooms Chocolate cake Chicken salad plate</p> |
| <p>21 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon Roast beef on roll</p> | <p>22 Minestrone soup Beef w/ broccoli & mushrooms Rice pilaf Roasted carrots Sliced pears Chef salad</p> | <p>23 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich</p> | <p>24 Vegetable soup Baked ham w/ gravy Spanish rice Green beans Cake Chopped salad w/chicken</p> | <p>25 Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches Cobb salad</p> |
| <p>28 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green & wax bean salad Chocolate chip cookie Turkey sandwich on wheat</p> | <p>29 Mushroom barley soup Roasted chicken thighs Rice pilaf Roasted baby carrots Sliced peaches Chicken salad on wheat</p> | <p>30 Tomato soup Balsamic pork loin Sweet potatoes Mixed vegetables Cake Seafood salad plate</p> | <p>31 Chicken soup Chicken cacciatore Roasted potatoes Broccoli florets Fresh melon Tossed salad w/ chicken</p> | <p>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</p> |