

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ¼ cup
 Protein – 3 ounces
 Dairy – 1 cup

May 2026 *Print Name*

MONDAY

All meals are served with a roll

- 4 Navy bean soup
Marry me chicken/w pasta
Broccoli & cauliflower mix
Garlic bread
Watermelon
Roast beef sandwich
- 11 Vegetable soup
Tuscan chicken
Sweet mashed potatoes
Roasted zucchini w/ tomatoes
Sliced peaches
Corned beef on rye
- 18 Root vegetable soup
Swedish meatballs
Rice pilaf
Mixed vegetables
Fruit cocktail
Ham & cheese on rye

25

Closed

TUESDAY

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

- 5 Vegetable barley soup
Sloppy Joe
Potato wedges
Green beans
Cookies
Seafood salad plate
- 12 Chicken escarole soup
Stuffed shell w/meatball
Italian vegetables
Garlic bread
Chocolate cake
Cobb salad
- 19 Vegetable barley soup
Baked pasta w/ meatballs & Sausage
Roasted vegetables
Sliced pears
Turkey & cheese on wheat
- 26 Tuscan vegetable soup
Sausage & peppers w/ roll
Greek cucumber salad
Tropical fruit
Tossed salad w/ chicken

WEDNESDAY

*Love is Like a Rose Bud,
 The more you Love,
 The bigger it Blooms !*

- 6 Wedding soup
Oven roasted chicken
Italian rice
Roasted root vegetables
Mixed fruit
Turkey & bacon on wheat
- 13 Carrot soup
Roast beef w/ gravy
Roasted potato
Peas & onions
Tropical fruit
Egg salad on rye
- 20 Tomato soup
Chicken parm
Roasted potatoes
Peas & carrots
Sliced peaches
Chicken salad on wheat
- 27 Split pea soup
Pork chops w/ mushroom sauce
Roasted rosemary root
Vegetables w/potatoes
Cookie
Cobb salad

THURSDAY

- 7 Tomato soup
Baked ham w/ raisin sauce
Mixed vegetables
Sweet potatoes
Cup cakes
Chicken salad on rye
- 14 Lentil vegetable soup
Balsamic pork chop
Roasted carrot w/ broccoli
Barley w/ mushrooms
Sugar cookie
Chicken salad on wheat
- 21 Chicken & rice soup
Pork roast w/ gravy
Mashed potatoes
Buttered corn
Cake
Tuna salad plate
- 28 Minestrone soup
Pot roast w/ gravy
Mashed potato
Baby carrots w/ honey herb butter
Lemon cake
Italian Grinder

FRIDAY

- 1 Fresh Fruit salad
Cheese omelet
Baked beans
Home fries
Bacon
Coffee cake
Ham & cheese on wheat
- 8 Tuscan white bean soup
Meatball sandwich
3 bean salad
Pasta salad
Sliced apples
Egg salad plate
- 15 Minestrone soup
French onion chicken
Roasted potatoes
Mixed vegetables
Sliced peaches
Tuna salad plate
- 22 Lentil vegetable soup
BBQ chicken sandwich
3 bean salad
Rice pilaf
Buttered corn
Cobb salad
- 29 Chicken soup
Baked chicken topped w/
Eggplant bolognese
Cucumber salad w/chic peas
Watermelon
Seafood salad plate