

# SERVING SIZES

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

# February 2026

## MONDAY

2  
Navy bean soup  
Chicken teriyaki  
Roasted vegetables  
Sweet potatoes  
Sliced peaches  
Chicken salad on wheat

9  
Escarole & bean soup  
Chicken francese  
Lemon rice  
Roasted vegetable  
Chocolate chip cookie  
Egg salad on rye

16  
**Closed**

23  
Chicken barley soup  
Oven roasted chicken  
Rice pilaf  
Roasted vegetables  
Tropical fruit  
Tossed salad w/ chicken

## TUESDAY

3  
Vegetable soup  
Lasagna roll up w/ meat sauce  
Greek cucumber salad  
Garlic bread  
Sugar cookies  
Tossed salad w/ chicken

10  
Minestrone soup  
Creamy Dijon chicken  
Green beans  
Roasted potatoes  
Sliced pears  
Seafood salad plate

17  
Fresh fruit cup  
Beef stew w/ vegetables  
Roasted vegetables  
Chocolate chip cookie  
Egg salad plate

24  
Vegetable barley soup  
Baked Ziti w/ sausage & cheese  
Capri vegetables  
Sliced pears  
Turkey sandwich

## WEDNESDAY

4  
Vegetable barley soup  
Mediterranean chicken  
Potatoes mushrooms & tomatoes  
Sliced melon  
Tuna salad plate

11  
Tomato soup  
Sweet & sour pork  
Vegetable fried rice  
Stir fry vegetables  
Sliced melon  
Turkey sandwich on wheat

18  
Vegetable soup  
Honey glazed pork roast  
Roasted potatoes  
Green beans  
Yellow cake  
Tuna salad plate

25  
Chicken soup  
Swedish meatballs  
Mashed potatoes  
Broccoli florets  
Sliced melon  
Italian grinder

## THURSDAY

5  
Tomato rice soup  
Pork roast w/ gravy  
Mashed potatoes  
Green beans  
Cake  
Greek salad w/ chicken

12  
Chicken escarole soup  
Chicken cordon bleu w/ gravy  
Roasted sweet potatoes  
Mixed vegetables  
Cake  
Chef salad

19  
Mushroom barley soup  
Sliced turkey  
Mashed sweet potatoes  
Roasted carrots  
Sliced melon  
Chef salad

26  
Kale & chickpea soup  
Pot roast w/ gravy  
Roasted potatoes  
Balsamic glazed carrots  
Cake  
Greek salad w/ chicken

## FRIDAY

6  
Mediterranean lentil soup  
Sausage & pepper sandwich  
Cole slaw  
Roasted potato  
Watermelon  
Turkey & cheese on wheat

13  
Broccoli & cheese soup  
Pub burger w/cheese  
3 bean salad  
Chips  
Sliced apples  
Greek salad w/ chicken

20  
Navy bean soup  
Baked Fish  
Roasted zucchini mix  
Rice pilaf  
Peaches  
Chicken salad sandwich

27  
Tomato soup  
Baked fish sandwich  
Cole slaw  
Roasted sweet potatoes  
Sliced pears  
Tuna salad on rye

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

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