

SERVING SIZES

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

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Navy bean soup Chicken teriyaki Roasted vegetables Sweet potatoes Sliced peaches Chicken salad on wheat	3 Vegetable soup Lasagna roll up w/ meat sauce Greek cucumber salad Garlic bread Sugar cookies Tossed salad w/ chicken	4 Vegetable barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate	5 Tomato rice soup Pork roast w/ gravy Mashed potatoes Green beans Cake Greek salad w/ chicken	6 Mediterranean lentil soup Sausage & pepper sandwich Cole slaw Roasted potato Watermelon Turkey & cheese on wheat
9 Escarole & bean soup Chicken francese Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye	10 Minestrone soup Creamy Dijon chicken Green beans Roasted potatoes Sliced pears Seafood salad plate	11 Tomato soup Sweet & sour pork Vegetable fried rice Stir fry vegetables Sliced melon Turkey sandwich on wheat	12 Chicken escarole soup Chicken cordon bleu w/ gravy Roasted sweet potatoes Mixed vegetables Cake Chef salad	13 Broccoli & cheese soup Pub burger w/cheese 3 bean salad Chips Sliced apples Greek salad w/ chicken
16 Closed	17 Fresh fruit cup Beef stew w/ vegetables Roasted vegetables Chocolate chip cookie Egg salad plate	18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Yellow cake Tuna salad plate	19 Mushroom barley soup Sliced turkey Mashed sweet potatoes Roasted carrots Sliced melon Chef salad	20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich
23 Chicken barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken	24 Vegetable barley soup Baked Ziti w/sausage & cheese Capri vegetables Sliced pears Turkey sandwich	25 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder	26 Kale & chickpea soup Pot roast w/ gravy Roasted potatoes Balsamic glazed carrots Cake Greek salad w/ chicken	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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 US Administration on Aging
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