

SERVING SIZES

Grains – 2 ounces
 Vegetables – $\frac{1}{2}$ cup
 Fruits – $\frac{1}{2}$ cup
 Protein – 3 ounces
 Dairy – 1 cup

January 2026

MONDAY

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

12
 Chicken barley soup
 Baked pasta w/meatballs & sausage
 Roasted vegetables
 Tropical fruit
 Tossed salad w/ chicken

19
Closed

26
 Vegetable soup
 Chicken a la king w/
 Mixed vegetables
 Steamed rice
 Lorna Doone cookie
 Chicken salad on wheat

TUESDAY

Rolls are served with all meals

6
 Minestrone soup
 Stuffed shell w/meat sauce
 Green beans
 Sliced pears
 Seafood salad plate

13
 Irish vegetable soup
 Meatball sandwich
 Broccoli florets
 Sweet potato salad
 Sliced peaches
 Egg salad on rye

20
 Vegetable barley soup
 Lemon pepper chicken
 Mexican rice
 Capri vegetables
 Sliced pears
 Turkey sandwich

27
 Chicken noodle soup
 Ground beef stir fry w/
 Vegetables
 Vegetable fried rice
 Sliced fruit
 Tossed salad w/ chicken

WEDNESDAY

7
 Chicken soup
 Creamy Dijon chicken
 Mixed vegetables
 Spanish rice
 Sliced peaches
 Turkey sandwich on wheat

14
 Meatball soup
 Oven roasted chicken
 Roasted potatoes
 Green beans
 Yellow cake
 Tuna salad plate

21
 Chicken soup
 Swedish meatballs
 Mashed potatoes
 Broccoli florets
 Sliced melon
 Italian grinder

28
 Minestrone soup
 Pork chop Italiano
 Roasted potatoes
 Zucchini mix
 Mixed fruit
 Cobb salad

THURSDAY

1
Closed

8
 Tomato soup
 Stuffed meatloaf w/gravy
 Cream corn
 Mashed potatoes
 Cake
 Cobb salad

15
 Mushroom barley soup
 Honey glazed pork roast
 Mashed sweet potatoes
 Roasted carrots
 Sliced melon
 Chef salad

22
 Kale & chickpea soup
 Pot roast w/ gravy
 Roasted potatoes
 Balsamic glazed carrots
 Chocolate chip cookie
 Greek salad w/ chicken

29
 Carrot soup
 Open turkey sandwich
 Butternut squash
 Stuffing
 Cake
 Roast beef on roll

FRIDAY

2
 Mediterranean lentil soup
 Sloppy joe
 Cole slaw
 Roasted potato
 Cake
 Ham & cheese on wheat

9
 Broccoli & cheese soup
 Chicken cacciatore
 Rice pilaf
 Peas & carrots
 Sliced apples
 Chef salad

16
 Navy bean soup
 Chicken parm
 Roasted zucchini mix
 Rice pilaf
 Peaches
 Chicken salad sandwich

23
 Tomato soup
 Pub burger w/ cheese
 Cole slaw
 Chips
 Cake
 Tuna salad on rye

30
 Pasta & bean soup
 Sausage & pepper sandwich
 Roasted potatoes
 Cole slaw
 Watermelon
 Turkey & bacon sandwich