

SERVING SIZES

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

July 2026 NAME

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

- ~~Chicken soup
 Shepards pie w/ mixed vegetables
 Mashed potatoes
 Tropical fruit
 Ham & cheese on wheat~~
- 13
 Vegetable soup
 Chicken piccata
 Lemon herb rice pilaf
 Roasted zucchini w/ tomatoes
 Sliced peaches
 Corned beef on rye
- 20
 Minestrone soup
 Lasagna roll up w/meat sauce
 Italian vegetables
 Fruit cocktail
 Roast beef sandwich

- 27
 Tomato spinach & basil soup
 Chicken cacciatore
 Roasted potato
 Italian green beans
 Fresh fruit
 Ham salad on rye

TUESDAY

Rolls are served with all meals

- 7
 Lentil vegetable soup
 Stuffed shell w/meatball
 California vegetables
 Oatmeal raisin cookie
 Chef salad

- 14
 Chicken escarole soup
 Sloppy joe
 Italian vegetables
 Roasted potatoes
 Chocolate cake
 Greek salad w/chicken
- 21
 Split pea soup
 Chicken marsala
 Garlic rice
 Roasted zucchini
 Sliced peaches
 Ham salad on wheat

- 28
 Greek cucumber salad
 Beef stew
 Fresh melon
 Corn bread
 Tropical fruit
 Italian Grinder

WEDNESDAY

- 1
 Vegetable soup
 Orange chicken
 Fried rice
 Green beans
 Cookies
 Roast beef sandwich

- 8
 Tomato rice soup
 Swedish meatballs
 Buttered corn
 Mashed potatoes
 Mixed fruit
 Turkey & bacon on wheat

- 15
 Cream of broccoli soup
 Sausage & pepper sandwich
 3- bean salad
 Chips
 Sliced pears
 Tuna salad plate

- 22
 Creamy vegetable soup
 Balsamic pork loin
 Green bean salad
 Sweet potatoes
 Tropical fruit
 Egg salad on rye

- 29
 Creamy Italian white bean soup
 Moroccan chicken
 Jasmine rice
 Roasted zucchini
 Oatmeal raisin cookie
 Egg salad plate

THURSDAY

- 2
 Fresh fruit cup
 Pub burger w/cheese
 Hot dog
 Baked beans
 Cole slaw
 Cake

- 9
 Tuscan bean soup
 Pork roast w/ peppers & onions
 Mixed vegetables
 Sweet potatoes
 Cake
 Chicken salad on rye

- 16
 Navy bean soup
 Stuffed meatloaf
 Mashed potato
 Mixed vegetables
 Sliced pears
 Chicken salad plate

- 23
 Chicken & rice soup
 Salisbury steak/w gravy
 Mashed potatoes
 Buttered corn
 Cake
 Greek salad w/ chicken

- 30
 Chicken soup
 Pork chop Italiano
 Roasted sweet potatoes
 Peas & onions
 Lemon cake
 Cobb salad

FRIDAY

Closed

- 10
 Mushroom barley soup
 Honey glazed chicken
 Rice pilaf
 Peas & carrots
 Sliced apples
 Egg salad plate

- 17
 Tomato soup
 Baked fish
 Rice pilaf
 Cole slaw
 Watermelon
 Italian grinder

- 24
 Clam chowder
 Baked pasta w/sausage & meatballs
 Greek cucumber salad
 Tropical fruit
 Turkey & cheese sandwich

- 31
 Vegetable lentil soup
 Hot turkey Sandwich
 Mashed potatoes
 Buttered corn
 Watermelon
 Tuna salad sandwich on rye