

SERVING SIZES

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

November 2025

MONDAY

3
Kale & chickpea soup
Tandoori chicken
Golden rice pilaf w/fruit
Green beans
Oatmeal raisin cookie
Ham & cheese on wheat

10
Mushroom barley soup
Creamy Dijon chicken
Roasted zucchini, carrot & Potato
Chocolate chip cookie
Egg salad on rye

17
Minestrone soup
Lasagna roll up w/ meat sauce
Roasted sweet potatoes
Mixed vegetables
Tropical fruit
Tossed salad w/ chicken

24
Lentil vegetable soup
Sausage & pepper sandwich
3 bean salad
Watermelon
Roast beef on roll

Rolls are served with all meals

PRINT
NAME

TUESDAY

4
Chicken soup
Shepards pie (peas, carrots ,corn)
Mashed potato
Watermelon
Tuna salad plate

11
Closed

18
Escarole & bean soup
Meatball sandwich
Broccoli florets
Rice pilaf
Sliced peaches
Egg salad on rye
25
Minestrone soup
Oven roasted chicken
Roasted potato
Zucchini w/ carrots
Sliced pears
Chef salad

WEDNESDAY

5
Tomato cauliflower soup
Baked chicken topped w/
Eggplant Bolognese
Spanish rice
Sliced peaches
Chef salad

12
Tomato soup
Slow roasted pork & peppers
Vegetable fried rice
Sliced carrots
Sliced pears
Seafood salad sandwich

19
Tuscan white bean soup
Chicken Parm
Roasted potatoes
Green beans
Yellow cake
Tuna salad plate

26
~~Chicken soup~~
~~Sautéed beef w/gravy~~
~~Sweet potatoes~~
~~Sweet corn~~
~~Oatmeal cookies~~
~~Seafood salad sandwich~~

CLOSED

THURSDAY

6
Tuscan white bean soup
Roasted pork loin
Sweet potatoes
Cauliflower & Broccoli
Fruit cocktail
Turkey sandwich on rye

13
Chicken soup
Pot roast w/ gravy
Peas & onions
Mashed potatoes
Cake
Ham & cheese on wheat

20
Roasted squash & carrot soup
Roasted turkey w/ gravy
Stuffing /cranberry sauce
Roasted vegetables
Mashed potatoes
Holiday pies

27
Closed

FRIDAY

7
Vegetable barley soup
Sloppy joe sandwich
Roasted potatoes
Cucumber salad
Chocolate cake
Cobb salad

14
Broccoli & cheese soup
Chicken cacciatore
Roasted potatoes
Garlic roll
Sliced apples
Chef salad

21
Chicken soup
Pub burger w/ cheese
Cole slaw
Corn ribs
Watermelon
Chicken salad on wheat

28
Closed

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

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