

SERVING SIZES

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

October 2025

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*

6
 Vegetable soup
 Stuffed shell w/meat sauce
 Roasted zucchini, carrot &
 Potato
 Chocolate chip cookie
 Chicken salad on rye

13
Closed

20
 Kale & bean soup
 Shepards Pie (carrots corn Peas)
 Mashed potatoes
 Watermelon
 Roast beef on roll

27
 Chicken soup
 Lasagna roll up w/ meat sauce
 Roasted potatoes
 Zucchini salad
 Chocolate cake
 Turkey sandwich on wheat

TUESDAY

All meals are served
 with a dinner roll

7
 Tomato soup
 Chicken cordon bleu
 Roasted sweet potatoes
 Mixed vegetables
 Tropical fruit
 Tossed salad w/ chicken

14
 Escarole & bean soup
 Meatball sandwich
 Broccoli florets
 Roasted sweet potatoes
 Mixed fruit
 Egg salad on rye

21
 Minestrone soup
 Sautéed beef w/mushroom gravy
 Roasted potato
 Zucchini w/ carrots
 Sliced pears
 Chef salad

28
 Vegetable soup
 Coq au Vin
 Mashed potatoes
 Roasted vegetables
 Sliced peaches
 Chicken salad on wheat

WEDNESDAY

1
 Irish Vegetable soup
 Beef Bourguignon
 Mashed potatoes
 Roasted vegetables
 Sliced peaches
 Tuna salad Plate

8
 Cabbage roll soup
 Slow roasted pork & peppers
 Vegetable fried rice
 Sliced carrots
 Sliced pears
 Seafood salad sandwich

15
 Cream of broccoli soup
 Chicken Parm
 Roasted potatoes
 Green beans
 Watermelon
 Tuna salad plate

22
 Quinoa vegetable soup
 Oven roasted chicken
 Sweet potatoes
 Sweet corn
 Oatmeal cookie
 Seafood salad sandwich

29
 Tomato soup
 Sausage & pepper sandwich
 3-bean salad
 Chips
 Fruit cocktail
 Tuna salad plate

THURSDAY

2
 Tuscan white bean soup
 Roasted pork loin
 Sweet potatoes
 Cauliflower Broccoli salad
 Cake
 Turkey sandwich on rye

9
 Chicken soup
 Meatloaf w/ gravy
 Cucumber salad
 Mashed potatoes
 Cake
 Ham & cheese on wheat

16
 Meatball soup
 Texas pulled pork sandwich
 Cole slaw
 Roasted vegetables
 Cake
 Greek salad w/chicken

23
 Tomato cauliflower soup
 Baked ham w/ raisin sauce
 Mashed potatoes
 Green beans
 Cake
 Turkey & cheese on wheat

30
 Navy bean soup
 Pot roast w/ gravy
 Mashed sweet potatoes
 Sweet corn
 Fig newton
 Chef salad

FRIDAY

3
 Vegetable barley soup
 Sloppy joe sandwich
 Roasted potatoes
 Cucumber salad
 Lorna doone cookie
 Cobb salad

10
 Mushroom barley soup
 Chicken cacciatore
 Roasted potatoes
 Garlic roll
 Sliced apples
 Chef salad

17
 Chicken soup
 Pub burger w/ cheese
 Baked beans
 Cole slaw
 Watermelon
 Chicken salad on wheat

24
 Lentil vegetable soup
 Baked pasta w/meatballs &
 sausage
 Roasted vegetables
 Peaches
 Cobb salad

31
 Vegetable lentil soup
 Grilled chicken
 Mediterranean chickpea salad
 Lemon herb rice pilaf
 Watermelon
 Ham
 salad on wheat