

# SERVING SIZES

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

# October 2026

| MONDAY                                                                                                                                                                                         | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                                                                                  | THURSDAY                                                                                                                                                       | FRIDAY                                                                                                                                            |
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| <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens<br/><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p> |                                                                                                                                                           |                                                                                                                                                                            | <p>1<br/>Creamy red lentil soup<br/>Meatloaf w/ gravy<br/>Mashed potatoes<br/>Honey glazed carrots<br/>Marble cake<br/>Greek salad w/ chicken</p>              | <p>2<br/>Navy bean soup<br/>Chicken Cacciatore<br/>Italian vegetables<br/>Cauliflower rice<br/>Sliced pears<br/>Corned beef &amp; Swiss</p>       |
| <p>5<br/>Chicken soup<br/>Shepards pie<br/>Mashed potatoes<br/>CC cookie<br/>Ham &amp; cheese on wheat</p>                                                                                     | <p>6<br/>Creamy vegetable soup<br/>Mediterranean chicken<br/>Sautéed Greek vegetables<br/>Lemon potatoes<br/>Tropical fruit<br/>Seafood salad -plate</p>  | <p>7<br/>Mushroom barley soup<br/>Italian pork chop w/ peppers &amp; Green &amp; Yellow squash<br/>Brown rice pilaf<br/>Sliced cantaloupe<br/>Spinach salad w/ chicken</p> | <p>8<br/>Cream of broccoli soup<br/>Beef Bourguignon (stewed beef)<br/>Cauliflower mashed potatoes<br/>Green beans<br/>Cake<br/>Egg salad sandwich</p>         | <p>9<br/>Lentil soup<br/>Creamy Tuscan chicken<br/>Brussels sprouts<br/>Roasted sweet potatoes<br/>Sliced pears<br/>Greek salad w/ chicken</p>    |
| <p>12<br/><b>CLOSED</b></p>                                                                                                                                                                    | <p>13<br/>Corn chowder<br/>Sausage &amp; pepper sandwich<br/>3 bean salad<br/>Cauliflower "potato" salad<br/>Pudding<br/>Turkey &amp; cheese on wheat</p> | <p>14<br/>Vegetable soup<br/>Marry me chicken<br/>Mashed potatoes<br/>Roasted green vegetables<br/>Sliced pears<br/>Chicken salad sandwich</p>                             | <p>15<br/>Tomato spinach &amp; basil soup<br/>Salisbury steak w/ gravy<br/>Italian style zucchini<br/>Sweet potatoes<br/>Cake<br/>Spinach salad w/ chicken</p> | <p>16<br/>Chicken soup<br/>Fish tacos<br/>Rice pilaf<br/>Cole slaw<br/>Watermelon<br/>Italian grinder</p>                                         |
| <p>19<br/>Tuscan vegetable soup<br/>Sloppy joe<br/>Sweet potatoes<br/>Prince Edward vegetables<br/>Tropical fruit<br/>Ham &amp; Swiss sandwich</p>                                             | <p>20<br/>Vegetable barley soup<br/>Lemon chicken w/artichokes<br/>Broccoli cauliflower mix<br/>Rice pilaf<br/>Sliced peaches<br/>Egg salad on rye</p>    | <p>21<br/>Chicken escarole soup<br/>Pork chops<br/>Bok choy<br/>Baby carrots<br/>Cookie<br/>Cobb salad</p>                                                                 | <p>22<br/>Minestrone soup<br/>Pot roast w/ gravy<br/>Mashed potatoes<br/>Buttered corn<br/>Cake<br/>Greek salad w/ chicken</p>                                 | <p>23<br/>Cabbage soup<br/>Pub burger w/ cheese<br/>Greek cucumber salad<br/>Chips<br/>Fresh fruit<br/>Seafood sandwich</p>                       |
| <p>26<br/>Wild rice soup<br/>Roasted chicken w/ gravy<br/>Roasted potato<br/>Italian green beans<br/>Fresh fruit<br/>Ham &amp; cheese on rye</p>                                               | <p>27<br/>Navy bean soup<br/>Meatball sandwich<br/>Carrot sticks w/ green beans<br/>Chips<br/>Cookie<br/>Tossed salad w/chicken</p>                       | <p>28<br/>Split pea soup<br/>Baked pasta w/ mini meatballs &amp; sausage<br/>Roasted vegetables<br/>Fruit cocktail<br/>Tuna salad sandwich</p>                             | <p>29<br/>Kale &amp; sausage soup<br/>Pork tenderloin w/ honey garlic<br/>Rice pilaf<br/>Mashed cauliflower<br/>Yellow cake<br/>Seafood salad plate</p>        | <p>30<br/>Chicken noodle soup<br/>Moroccan chicken<br/>Roasted broccoli w/ cheese<br/>Sweet potato<br/>Fruit cocktail<br/>Roast beef sandwich</p> |