

SERVING SIZES

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

September 2025

MONDAY

1

Closed

8

Mushroom barley soup
 Chicken marsala
 Roasted zucchini & carrot
 Lemon rice
 Chocolate chip cookie
 Chicken salad on rye

15

Vegetable soup
 Shepards pie (peas, carrots, corn)
 Mashed potatoes
 Brownie
 Turkey sandwich

22

White bean soup
 Chicken cordon bleu
 Potato wedges
 Mixed vegetables
 Watermelon
 Roast beef on roll

29

Minestrone soup
 Sausage & pepper sandwich
 Roasted potatoes
 3 – bean salad
 Chocolate chip cookie
 Turkey sandwich on wheat

TUESDAY

2

Tomato cauliflower soup
 Beef tips w/ mushroom gravy
 Mashed potatoes
 Green beans
 Cookie
 Chicken salad on wheat

9

Minestrone soup
 Sloppy joe
 Roasted potatoes
 Cucumber salad
 Sliced peaches
 Tossed salad w/ chicken

16

Vegetable barley soup
 Creamy garlic pork chop
 Broccoli florets
 Roasted sweet potatoes
 Mixed fruit
 Egg salad on rye

23

Meatball soup
 Stuffed shell w/meat sauce
 Roasted potato
 Zucchini w/ carrots
 Sliced pears
 Chef salad

30

Chicken soup
 Smothered pork w/ gravy
 Mashed potatoes
 Broccoli
 Sliced peaches
 Chicken salad on wheat

WEDNESDAY

3

Vegetable soup
 Creamy Dijon chicken
 Rice pilaf
 Mixed vegetables
 Sliced peaches
 Tuna salad Plate

10

Tuscan white bean soup
 Chicken & broccoli
 Vegetable fried rice
 Peas & onion
 Sliced pears
 Seafood salad sandwich

17

Carrot soup
 Chicken Parm
 Roasted potatoes
 Green beans
 Watermelon
 Tuna salad plate

24

Tomato soup
 Oven roasted chicken
 Sweet potatoes
 Sweet corn
 Oatmeal cookie
 Seafood salad sandwich

All meals are served
 with a dinner roll

THURSDAY

4

Chicken soup
 Roasted pork loin
 Sweet potatoes
 Cauliflower Broccoli salad
 Cake
 Turkey sandwich on rye

11

Tomato soup
 Open turkey sandwich
 Mashed potatoes
 Green beans
 Cake
 Ham & cheese on wheat

18

Cream of broccoli soup
 Texas pulled pork sandwich
 Cole slaw
 Roasted vegetables
 Cake
 Greek salad w/chicken

25

Creamy mushroom soup
 Pepper steak
 Mashed potatoes
 Green beans
 Cake
 Ham & cheese on wheat

FRIDAY

5

Clam chowder
 Meatball & pepper sandwich
 Roasted vegetables
 Herb roasted potato salad
 Sliced watermelon
 Cobb salad

12

Mediterranean lentil soup
 Lasagna roll up w/meat sauce
 Cucumber salad
 Garlic roll
 Sliced apples
 Chef salad

19

Chicken soup
 Pub burger w/ cheese
 Baked beans
 Cole slaw
 Watermelon
 Hot dog

26

Chicken escarole soup
 Baked pasta w/meatballs &
 sausage
 Roasted vegetables
 Peaches
 Cobb salad

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

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