

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

# April 2024

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 Administration on Aging and  
 the Rhode Island Office of  
 Healthy Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1            Mushroom barley soup            Chicken parm            Italian veg. mix            Roasted sweet/white potato            Ww roll            Pudding            Roast beef w/ Swiss</p>	<p>2            Lentil soup with vegetables            Sausage &amp; pepper sandwich            Green beans            Herb red potato salad            Ww roll            Fresh fruit            Chef salad</p>	<p>3            Vegetable soup            Beef w/ broccoli &amp; mushrooms            Parmesan rice            Roasted zucchini w/carrots            Ww roll            Cake            Spinach salad w/ chicken</p>	<p>4            Chicken escarole soup            Slow roasted BBQ pork            Cole slaw            Pasta salad            Ww roll            Watermelon            Seafood salad sandwich</p>	<p>5            Tomato soup            Beer battered fish            Spanish rice            Broccoli florets            Sliced ww bread            Pineapple chunks            Turkey sandwich on roll</p>	
<p>8            Chicken &amp; rice soup            Chicken alfredo            Florentine rice            Sautéed vegetable            Multi grain roll            Pudding            Ham &amp; cheese on wheat</p>	<p>9            Cream of broccoli soup            Sweet &amp; sour meatballs            Vegetable fried rice            Zucchini w / tomatoes            Peaches            Ww roll            Greek salad w/ chicken</p>	<p>10            Vegetable lentil soup            Greek roasted chicken thighs            Green beans            Sweet potatoes            Ww roll            Sliced pears            Turkey &amp; Swiss cheese</p>	<p>11            Kale &amp; bean, sausage soup            Pot roast w/gravy            Mashed potatoes            Mixed vegetables            Ww roll            Cake            Chicken salad plate</p>	<p>12            Roasted cauliflower soup            Shepards pie            Mashed potatoes            Ww roll            Oatmeal cookie            Tropical fruit            Tuna salad sandwich</p>	
<p>15            Navy bean soup w/vegetables            Sloppy joe            Sautéed Italian vegetables            Pasta salad            Ww roll            Fig newton            Egg salad sandwich</p>	<p>16            Chicken escarole soup            Chicken cacciatore            Roasted potatoes            Ww roll            Lorna doone cookie            Spinach salad w/ chicken</p>	<p>17            Vegetable barley soup            American chop suey            Roasted yellow squash            Sliced peaches            Ww roll            Ham &amp; cheese sandwich</p>	<p>18            Tomato soup            Open turkey sandwich w/ gravy            Stuffing            Cole slaw            Ww bread            Brownie            Italian grinder</p>	<p>19            Clam chowder (red)            Meatball &amp; pepper sandwich            3 – bean salad            Chips            Cantaloupe            Ww roll            Tuna salad plate</p>	
<p>22            Minestrone soup            Stuffed shell w/meatball            Cucumber salad            Sliced roasted potatoes            Ww roll            Chocolate cookie            Egg salad sandwich</p>	<p>23            Vegetable barley soup            Fried chicken            Sweet potatoes            Cole slaw            Ww roll            Fresh fruit            Reuben on rye</p>	<p>24            Chicken cavatelli soup            Pork roast w/ gravy            Mixed vegetables            Mashed potatoes            Cake            Ww roll            Greek salad w/ chicken</p>	<p>25            Escarole &amp; bean soup            Salisbury steak w/gravy            Rice pilaf            Green beans w/ carrots            Whole Wheat Roll            Pudding            Tuna sandwich</p>	<p>26            French onion soup            Chicken marsala            Florentine rice            Mixed vegetables            Ww roll            Tropical fruit            Chicken salad sandwich</p>	
<p>29            Tomato soup            Chicken thigh w/ gravy            Mashed sweet/ white potatoes            Zucchini Tomatoes &amp; carrots            Ww roll- cookie            Turkey sandwich on ww roll</p>	<p>30            Turkey soup w /vegetables            Roasted pork loin w/gravy            Mixed vegetables            Greek lemon potatoes            Cake            Cobb salad</p>	<p><b>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</b></p> <p><b>Suggested Donation \$3.00</b></p>			