

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

June 2025

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

2 Chicken soup Marry me chicken Mashed potatoes Butternut squash Fresh fruit Ham & Swiss on rye	3 Minestrone soup Roasted chicken thighs Mixed vegetables Rice pilaf Cookies Chef salad	4 Creamy chicken tomato soup Beef stroganoff Mashed sweet potatoes Green beans Cake Seafood salad on rye	5 Mushroom barley soup Stuffed pork chop Rice pilaf Roasted baby carrots Sliced peaches Chicken salad on wheat	6 Vegetable soup Meatball sandwich Pasta salad w/ vegetables Watermelon Tuna salad plate
9 Escarole bean & sausage soup Chicken Diane Rice Florentine Green beans Brownie Ham salad on rye	10 Minestrone soup Sloppy joe Ww Roll Cole slaw Fresh melon Tossed salad w/ chicken	11 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	12 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake Egg salad on wheat	13 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Turkey sandwich
16 Tuscan white bean soup Pub burger w/ cheese Potato wedges Greek cucumber salad Fruit cocktail Chicken salad sandwich	17 Mushroom barley soup Chicken parm Italian potato salad w/ Vegetables Brownie Egg salad on rye	18 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	19 <div>Closed</div>	20 Chicken soup Cheesy baked pasta w/sausage Roasted zucchini Ww garlic roll Chocolate cake Corned beef on rye
23 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon Roast beef on roll	24 Escarole & bean soup Stuffed shell w/ Meatball Roasted zucchini w/ carrot & tomato Sliced pears Chicken salad plate	25 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	26 Broccoli & cheese soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Cake Chopped salad w/chicken	27 Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches Cobb salad
30 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green & wax bean salad Chocolate chip cookie Turkey sandwich on wheat				All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>