

SERVING SIZES

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

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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></p>			<p>1 Fresh fruit Scrambled eggs Home fries Bacon & sausage Assorted muffins Chef salad</p>	<p>2 Vegetable soup Italian beef sandwich Roasted mixed vegetables Chips Watermelon Tuna salad plate</p>
<p>5 Escarole bean & sausage soup Chicken Diane Rice Florentine Green beans Ww roll Brownie Ham & cheese on rye</p>	<p>6 Minestrone soup Swiss steak Mashed potatoes Baby carrots Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>7 Vegetable lentil soup Pork chop Italiano Rice pilaf Peas & onion Ww roll Sliced pears Seafood salad sandwich</p>	<p>8 Tomato soup Stuffed meatloaf Mixed vegetables Roasted potatoes Roll Cookies Chef salad</p>	<p>9 Vegetable barley soup Pub burger Cole slaw Potato wedges Mixed fruit Ww roll Turkey sandwich</p>
<p>12 Tuscan white bean soup Shepards pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich</p>	<p>13 Mushroom barley soup Grilled chicken Spanish rice Capri vegetable blend Ww roll Brownie Chef salad</p>	<p>14 Cabbage soup Pork shoulder roast w/ gravy Rice pilaf Green beans Ww roll Watermelon Tuna salad plate</p>	<p>15 Cauliflower tomato soup Open turkey sandwich Mashed sweet potatoes Stuffing Ww bread Cake Tossed salad w/ chicken</p>	<p>16 Chicken soup Cheesy baked pasta w/sausage Roasted zucchini Ww garlic roll Pineapple chunks Corned beef on rye</p>
<p>19 Vegetable lentil soup Meatball & pepper sandwich Potato wedges Cole slaw Watermelon Roast beef on roll</p>	<p>20 Escarole & bean soup Creamy Tuscan chicken thighs Mixed vegetables Rice pilaf Ww roll Sliced pears Chicken salad plate</p>	<p>21 Tomato soup Honey garlic pork tenderloin Mushroom rice pilaf Buttered corn Ww Roll Brownie Seafood salad sandwich</p>	<p>22 Vegetable soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Cake Ww roll Chopped salad w/chicken</p>	<p>23 Chicken escarole soup Chicken marsala Roasted potatoes Brussel sprouts Ww roll - Peaches Tuna salad plate</p>
<p>26 Brunswick stew Sloppy joe Roasted vegetable salad Ww roll Sliced pears Cobb salad</p>	<p>27 Kale & bean soup BBQ chicken Roasted potatoes Green beans Ww roll Fresh fruit Turkey sandwich</p>	<p>28 Meatball soup Crustless chicken pot pie Mashed potatoes Ww roll Oatmeal cookies Italian grinder</p>	<p>29 Split pea soup Stuffed pork chop Rice pilaf Zucchini w/ tomatoes Ww roll/ Fruit cocktail Tossed salad w/grilled chicken</p>	<p>30 Creamy chicken tomato soup Fish sandwich Cole slaw Sliced potatoes Ww roll Cake Corned beef on rye</p>

