

**SERVING SIZES**

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

# September 2025

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

1 <b>Closed</b>  <b>Suggested Donation \$3</b>	2 Tomato cauliflower soup Beef tips w/ mushroom gravy Mashed potatoes Green beans Cookie Chicken salad on wheat	3 Vegetable soup Creamy Dijon chicken Rice pilaf Mixed vegetables Sliced peaches Tuna salad Plate	4 Chicken soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake Turkey sandwich on rye	5 Clam chowder Meatball & pepper sandwich Roasted vegetables Herb roasted potato salad Sliced watermelon Cobb salad
8 Mushroom barley soup Chicken marsala Roasted zucchini & carrot Lemon rice Chocolate chip cookie Chicken salad on rye	9 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches Tossed salad w/ chicken	10 Tuscan white bean soup Chicken & broccoli Vegetable fried rice Peas & onion Sliced pears Seafood salad sandwich	11 Tomato soup Open turkey sandwich Mashed potatoes Green beans Cake Ham & cheese on wheat	12 Mediterranean lentil soup Lasagna roll up w/meat sauce Cucumber salad Garlic roll Sliced apples Chef salad
15 Vegetable soup Shepards pie (peas, carrots, corn) Mashed potatoes Brownie Turkey sandwich	16 Vegetable barley soup Creamy garlic pork chop Broccoli florets Roasted sweet potatoes Mixed fruit Egg salad on rye	17 Carrot soup Chicken Parm Roasted potatoes Green beans Watermelon Tuna salad plate	18 <b>Birthday Lunch</b> Cream of broccoli soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake Greek salad w/chicken	19 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon Hot dog
22 White bean soup Chicken cordon bleu Potato wedges Mixed vegetables Watermelon Roast beef on roll	23 Meatball soup Stuffed shell w/meat sauce Roasted potato Zucchini w/ carrots Sliced pears Chef salad	24 Tomato soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich	25 Creamy mushroom soup Pepper steak Mashed potatoes Green beans Cake Ham & cheese on wheat	26 Chicken escarole soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches Cobb salad
29 Minestrone soup Sausage & pepper sandwich Roasted potatoes 3 – bean salad Chocolate chip cookie Turkey sandwich on wheat	30 Chicken soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches Chicken salad on wheat	All meals are served with a dinner roll		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>



east bay community action program  
 THE BRIDGE TO SELF-RELIANCE