

SERVING SIZES

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

May 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>All meals are served with a roll</p> <p>Suggested Donation \$3.00</p>	<p>All items on the menu may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p> 	 <p>East Bay Community Action Program</p>	<p>1 Fresh Fruit salad Cheese omelet Baked beans Home fries Bacon Coffee cake Ham & cheese on wheat</p>
<p>4 Navy bean soup Marry me chicken/w pasta Broccoli & cauliflower mix Garlic bread Watermelon Roast beef sandwich</p>	<p>5 Vegetable barley soup Sloppy Joe Potato wedges Green beans Cookies Seafood salad plate</p>	<p>6 Wedding soup Oven roasted chicken Italian rice Roasted root vegetables Mixed fruit Turkey & bacon on wheat</p>	<p>7 Tomato soup Baked ham w/ raisin sauce Mixed vegetables Sweet potatoes Cup cakes Chicken salad on rye</p>	<p>8 Tuscan white bean soup Meatball sandwich 3 bean salad Pasta salad Sliced apples Egg salad plate</p>
<p>11 Vegetable soup Tuscan chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye</p>	<p>12 Chicken escarole soup Stuffed shell w/meatball Italian vegetables Garlic bread Chocolate cake Cobb salad</p>	<p>13 Carrot soup Roast beef w/ gravy Roasted potato Peas & onions Tropical fruit Egg salad on rye</p>	<p>14 Lentil vegetable soup Balsamic pork chop Roasted carrot w/ broccoli Barley w/ mushrooms Sugar cookie Chicken salad on wheat</p>	<p>15 Minestrone soup French onion chicken Roasted potatoes Mixed vegetables Sliced peaches Tuna salad plate</p>
<p>18 Root vegetable soup Swedish meatballs Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye</p>	<p>19 Vegetable barley soup Baked pasta w/ meatballs & Sausage Roasted vegetables Sliced pears Turkey & cheese on wheat</p>	<p>20 Tomato soup Chicken parm Roasted potatoes Peas & carrots Sliced peaches Chicken salad on wheat</p>	<p>21 Chicken & rice soup Pork roast w/ gravy Mashed potatoes Buttered corn Cake Tuna salad plate</p>	<p>22 Lentil vegetable soup BBQ chicken sandwich 3 bean salad Rice pilaf Mixed fruit Cobb salad</p>
<p>25 Closed</p>	<p>26 Tuscan vegetable soup Sausage & peppers w/ roll Greek cucumber salad Tropical fruit Tossed salad w/ chicken</p>	<p>27 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Cookie Cobb salad</p>	<p>28 Minestrone soup Pot roast w/ gravy Mashed potato Baby carrots w/ honey herb butter Lemon cake Italian Grinder</p>	<p>29 Chicken soup Baked chicken topped w/ Eggplant bolognese Cucumber salad w/chic peas Watermelon Seafood salad plate</p>