

June 2026

SERVING SIZES

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Navy bean soup Shepards pie Mashed potatoes Mixed vegetables Chocolate cookies Chicken salad sandwich</p>	<p>2 Vegetable lentil soup Chicken fajita w/peppers & onions Spanish rice/ Sour cream Tortilla Fresh fruit Tuna salad plate</p>	<p>3 Vegetable barley soup Sloppy Joe Potato wedges Green beans Cookies Greek salad w/chicken</p>	<p>4 Tomato soup Roasted turkey w/gravy Bread stuffing Mixed vegetables Chocolate cake Italian chopped salad</p>	<p>5 Chicken soup Baked fish Cole slaw Parsley potatoes Peaches Roast beef on roll</p>	
<p>8 Escarole & bean soup Chicken marsala Rice pilaf Roasted root vegetables Tropical fruit Ham & cheese on wheat</p>	<p>9 Chicken & rice soup Pub burger w/ cheese Sliced potatoes Cole slaw Oatmeal raisin cookie Chef salad</p>	<p>10 Tuscan lentil soup Greek chicken thighs Sliced carrots Lemon roasted potatoes Mixed fruit Turkey & bacon on wheat</p>	<p>11 Carrot soup Pork roast w/ gravy Mixed vegetables Sweet potatoes Cake Chicken salad on rye</p>	<p>12 Tuscan white bean soup Meatball & pepper sandwich 3 bean salad Pasta salad Sliced apples Egg salad plate</p>	
<p>15 Vegetable soup French onion chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye</p>	<p>16 Chicken escarole soup Swedish meatballs Italian vegetables Mashed potatoes Chocolate cake Greek salad w/chicken</p>	<p>17 Creamy vegetable soup Sausage & pepper sandwich Pasta salad Green beans Tropical fruit Egg salad on rye</p>	<p>18 Lentil vegetable soup Roast beef w/mushroom gravy Carrots w/ broccoli Baked potato Cup cakes Chicken salad on wheat</p>	<p>19 Closed</p>	
<p>22 Mushroom barley soup Lasagna roll up w/meat sauce California blend vegetables Garlic bread Fruit cocktail Ham & cheese on rye</p>	<p>23 Tomato soup Roasted pork loin Dirty rice Peas & carrots Sliced peaches Chicken salad on wheat</p>	<p>24 Creamy cauliflower soup Lemon chicken Potatoes O'Brien Mixed vegetables Sliced pears Italian grinder</p>	<p>25 Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Buttered corn Cake Tuna salad plate</p>	<p>26 Lentil vegetable soup BBQ chicken sandwich 3 bean salad Mixed fruit Cobb salad</p>	
<p>29 Meatball soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham salad on rye</p>	<p>30 Tuscan vegetable soup Baked pasta w/sausage & meatballs Greek cucumber salad Tropical fruit Tossed salad w/ chicken</p>	<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>



East Bay Community Action Program