


SERVING SIZES

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

July 2026

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>All meals are served with a roll</p>	<p>1 Vegetable soup Orange chicken Fried rice Green beans Cookies Roast beef sandwich</p>	<p>2 Fresh fruit cup Pub burger w/cheese Hot dog Baked beans Cole slaw Cake</p>	<p>3 Closed Suggested Donation \$3.00</p>
<p>6 Chicken soup Shepards pie w/ mixed vegetables Mashed potatoes Tropical fruit Ham & cheese on wheat</p>	<p>7 Lentil vegetable soup Stuffed shell w/meatball California vegetables Oatmeal raisin cookie Chef salad</p>	<p>8 Tomato rice soup Swedish meatballs Buttered corn Mashed potatoes Mixed fruit Turkey & bacon on wheat</p>	<p>9 Tuscan bean soup Pork roast w/ peppers & onions Mixed vegetables Sweet potatoes Cake Chicken salad on rye</p>	<p>10 Mushroom barley soup Honey glazed chicken Rice pilaf Peas & carrots Sliced apples Egg salad plate</p>
<p>13 Vegetable soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye</p>	<p>14 Chicken escarole soup Sloppy joe Italian vegetables Roasted potatoes Chocolate cake Greek salad w/chicken</p>	<p>15 Cream of broccoli soup Sausage & pepper sandwich 3- bean salad Chips Sliced pears Tuna salad plate</p>	<p>16 Navy bean soup Stuffed meatloaf Mashed potato Mixed vegetables Sliced pears Chicken salad plate</p>	<p>17 Tomato soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder</p>
<p>20 Minestrone soup Lasagna roll up w/meat sauce Italian vegetables Fruit cocktail Roast beef sandwich</p>	<p>21 Split pea soup Chicken marsala Garlic rice Roasted zucchini Sliced peaches Ham salad on wheat</p>	<p>22 Creamy vegetable soup Balsamic pork loin Green bean salad Sweet potatoes Tropical fruit Egg salad on rye</p>	<p>23 Chicken & rice soup Salisbury steak/w gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken</p>	<p>24 Clam chowder Baked pasta w/sausage & meatballs Greek cucumber salad Tropical fruit Turkey & cheese sandwich</p>
<p>27 Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham salad on rye</p>	<p>28 Greek cucumber salad Beef stew Fresh melon Corn bread Tropical fruit Italian Grinder</p>	<p>29 Creamy Italian white bean soup Moroccan chicken Jasmine rice Roasted zucchini Oatmeal raisin cookie Egg salad plate</p>	<p>30 Chicken soup Pork chop Italiano Roasted sweet potatoes Peas & onions Lemon cake Cobb salad</p>	<p>31 Vegetable lentil soup Chicken fajita w/peppers & onions Spanish rice/ Sour cream Tortilla Fresh fruit Tuna salad plate</p>