

SERVING SIZES

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

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken noodle soup Roasted chicken w/ gravy Rice pilaf Green beans Watermelon Roast beef sandwich	4 Vegetable soup Shepards pie Mashed potatoes Sliced pears Tuna salad on rye	5 Creamy potato soup Baked fish Sliced carrots Rice pilaf w/ mushrooms Chocolate chip cookie Chicken salad plate	6 Broccoli cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches Seafood salad sandwich	7 Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Yellow cake Cobb salad
10 CLOSED	11 Tuscan bean soup Tuscan chicken Cauliflower mashed potatoes Mixed vegetables Lorna dune cookies Seafood salad sandwich	12 Summer Celebration Menu BBQ Chicken Hamburgers Veggie Burgers Pasta Salad or Potato Salad Watermelon Cornbread Peach Pie	13 Lentil soup Chicken marsala Roasted potatoes California blend vegetables Tropical fruit Egg salad sandwich	14 Fresh mixed fruit Pub burger w/ cheese Hot dog Cole slaw Chips Greek salad
17 Navy bean soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye	18 Tomato soup Meatball & pepper sandwich Italian vegetables Roasted potatoes Chocolate cake Greek salad w/chicken	19 Vegetable soup Creamy pork chops Cilantro lime rice Summer vegetables Sliced pears Chicken salad plate	20 Chicken Rice soup Pot roast w/ gravy Italian style zucchini Sweet potatoes Cake Turkey on rye	21 Clam chowder Cider glazed chicken thighs Rice pilaf Cole slaw Watermelon Italian grinder
24 Mushroom barley soup Baked pasta w/sausage & meatballs Broccoli, zucchini carrots Fruit cocktail Roast beef sandwich	25 Carrot soup Sausage & pepper sandwich Roasted zucchini Chips Sliced peaches Egg salad on rye	26 Creamy vegetable soup Lemon chicken and artichokes White rice Baby carrots Cookie Ham salad on wheat	27 Chicken soup Pork chop w/ apples Mashed potatoes Buttered corn Cake Greek salad w/ chicken	28 Tuscan soup w/ vegetables Chicken w/fennel & peppers Greek cucumber salad Rice pilaf Tropical fruit Turkey & cheese sandwich
31 Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham & cheese on rye	 East Bay Community Action Program	 OHA		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>
All meals are served with a roll			Suggested Donation \$3.00	