

SERVING SIZES

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

September 2026

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

	1 Fresh fruit cup Classic Texas chili Riced cauliflower Corn bread Cookies Seafood salad plate	2 Chicken noodle soup Roasted chicken w/ gravy Green beans Mashed potatoes Fresh melon Ham & Swiss cheese on rye	3 Tuscan lentil soup Creamy garlic pork chop Rice pilaf Sweet peas & carrots Cake Greek salad w/ chicken	4 Tomato basil soup Baked fish Italian vegetables Roasted sweet potatoes Sliced pears Cobb salad
7 CLOSED	8 Minestrone soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Lorna Dune Cookies Seafood salad sandwich	9 Mushroom barley soup Swedish meatballs Buttered corn Mashed potatoes Mixed fruit Spinach salad w/ chicken	10 Creamy vegetable soup Roasted pork loin w/ gravy Cauliflower mashed potatoes Green beans Brownie Egg salad sandwich	11 Navy bean soup Sausage & pepper sandwich 3 bean salad Potato wedges Sliced peaches Greek salad w/ chicken
14 Chicken soup Shepards pie Mashed potatoes Fresh melon Corned beef on rye	15 Lentil soup Spanish chicken Rice n beans Sliced carrots Chocolate cake Tuna salad plate	16 Vegetable soup Baked pasta w/ sausage & Mini meatballs Summer vegetables Sliced pears Chicken salad sandwich	17 Tomato spinach & basil soup Beef tips w/ gravy Italian style zucchini Sweet potatoes Jello Turkey on rye	18 Clam chowder Roasted chicken thighs w/gravy Rice pilaf Mixed vegetables Watermelon Italian grinder
21 Three bean soup Honey Dijon chicken Sweet potatoes Prince Edward vegetables Tropical fruit Roast beef sandwich	22 Carrot soup Pepper steak Broccoli cauliflower mix Mashed potato Sliced peaches Egg salad on rye	23 Creamy vegetable soup Hawaiian pineapple pork White rice Baby carrots Cookie Cobb salad	24 Chicken soup Roasted turkey w/ gravy Stuffing Buttered corn Cake Greek salad w/ chicken	25 Tuscan soup w/ vegetables Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit Turkey & cheese sandwich
28 Escarole & bean soup Sloppy joe Roasted potato Italian green beans Fresh fruit Ham & cheese on rye	29 Lentil And bean soup w/ kale Lemon chicken w/artichokes Mixed vegetables Rice pilaf Cookie Roast beef sandwich	30 Chicken soup Apple cider pork roast Sweet potatoes Stewed tomatoes Fruit Cocktail Tuna salad sandwich	 Suggested Donation \$3.00 All meals are served with a roll	
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging				