

SERVING SIZES

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

October 2026

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

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>	 East Bay Community Action Program	 <u>Suggested Donation \$3.00</u> All meals are served with a roll	1 Creamy red lentil soup Meatloaf w/ gravy Mashed potatoes Honey glazed carrots Marble cake Greek salad w/ chicken	2 Navy bean soup Chicken Cacciatore Italian vegetables Cauliflower rice Sliced pears Corned beef & Swiss
5 Chicken soup Shepards pie Mashed potatoes CC cookie Ham & cheese on wheat	6 Creamy vegetable soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Tropical fruit Seafood salad -plate	7 Mushroom barley soup Italian pork chop w/ peppers & Green & Yellow squash Brown rice pilaf Sliced cantaloupe Spinach salad w/ chicken	8 Cream of broccoli soup Beef Bourguignon (stewed beef) Cauliflower mashed potatoes Green beans Cake Egg salad sandwich	9 Lentil soup Creamy Tuscan chicken Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
12 CLOSED	13 Corn chowder Sausage & pepper sandwich 3 bean salad Cauliflower “potato” salad Pudding Turkey & cheese on wheat	14 Vegetable soup Marry me chicken Mashed potatoes Roasted green vegetables Sliced pears Chicken salad sandwich	15 Tomato spinach & basil soup Salisbury steak w/ gravy Italian style zucchini Sweet potatoes Cake Spinach salad w/ chicken	16 Chicken soup Fish tacos Rice pilaf Cole slaw Watermelon Italian grinder
19 Tuscan vegetable soup Sloppy joe Sweet potatoes Prince Edward vegetables Tropical fruit Ham & Swiss sandwich	20 Vegetable barley soup Lemon chicken w/artichokes Broccoli cauliflower mix Rice pilaf Sliced peaches Egg salad on rye	21 Chicken escarole soup Pork chops Bok choy Baby carrots Cookie Cobb salad	22 Minestrone soup Pot roast w/ gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken	23 Cabbage soup Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit Seafood sandwich
26 Wild rice soup Roasted chicken w/ gravy Roasted potato Italian green beans Fresh fruit Ham & cheese on rye	27 Navy bean soup Meatball sandwich Carrot sticks w/ green beans Chips Cookie Tossed salad w/chicken	28 Split pea soup Baked pasta w/ mini meatballs & sausage Roasted vegetables Fruit cocktail Tuna salad sandwich	29 Kale & sausage soup Pork tenderloin w/ honey garlic Rice pilaf Mashed cauliflower Yellow cake Seafood salad plate	30 Chicken noodle soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich