

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

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable barley soup Beef & vegetable Shepards pie Mashed potato Corn bread Sliced peaches Chicken salad	3 Navy bean soup Lemon chicken w/artichokes Cauliflower bulgar pilaf Mashed sweet potatoes Cookies Egg salad plate	4 Chicken noodle soup Swedish meatballs w/ mushroom gravy Italian green beans Barley pilaf Fresh melon Turkey sandwich on wheat	5 Tomato soup Pork loin w/apple onion gravy Vegetable medley Rice pilaf Marble cake Greek salad w/ chicken	6 Lentil soup Sausage & pepper sandwich Roasted zucchini & yellow squash Sliced pears Corned beef & Swiss
9 Minestrone soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich	10 Mushroom barley soup Sloppy joe Sautéed Greek vegetables Lemon potatoes Jello Seafood salad -plate	11 CLOSED	12 Split pea soup Pot roast w/ gravy Mashed potatoes Glazed carrots Cake Egg salad sandwich	13 Tuscan vegetable soup Chicken stew Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
16 Minestrone soup Chicken marsala Mixed vegetables Rice Florentine Fresh fruit Ham & cheese on rye	17 Three bean soup Italian meatballs w/red sauce Roasted red potatoes Green beans w/ diced tom & onion Tropical fruit Turkey & cheese on wheat	18 Chicken soup Pork roast w/ gravy Brown rice pilaf Stewed tomatoes w/ zucchini Cookie Chicken salad plate	19 Butternut squash soup Roasted turkey w/gravy Stuffing Mashed potato /cranberry sauce Roasted root vegetables Holiday pies (no option)	20 Kale & sausage soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder
23 Vegetable soup Baked pasta w/mini meatballs & Sausage Roasted green beans & carrots Sliced pears Chicken Salad On wheat	24 Escarole & bean soup Roasted chicken w/spinach & tomatoes Rice pilaf / mixed vegetables Sliced peaches Egg salad on rye	25 Tomato basil spinach soup Honey garlic pork chops Garlic mashed cauliflower Baby carrots Cookie Seafood salad plate	26 CLOSED	27 CLOSED
30 Lentil soup w/vegetables Pub burger w/cheese 3 bean salad Potato wedges Cookie Ham & cheese on rye	Suggested Donation \$3.00 All meals are served with a roll	 East Bay Community Action Program		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

