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

December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mushroom barley soup Chicken Breast Florentine Parsley Parmesan Rice Baby Carrots Fresh Fruit Corned Beef & Swiss on Rye	2 Broccoli & Cheese Soup BBQ Pulled Pork Sandwich Cole Slaw Roasted Sweet Potato Cookie Tuna Salad Plate	3 Tomato soup Meatloaf w/ Mushroom Gravy Mashed Potato Italian Zucchini Cake Cobb Salad	4 Minestrone Soup Chicken Parm Pasta Salad Mixed Vegetables Watermelon Roast Beef Sandwich
7 Chicken Soup Stuffed Shell w/ Meatball Roasted Zucchini Garlic Bread Peaches Chicken Salad on Wheat	8 Vegetable Soup Pork Roast w/ Peppers & Tomatoes Roasted Sweet Potato Green Beans Pears Turkey & Cheese on Wheat	9 Navy Bean Soup Korean Ground Beef Stir Fry Fried Rice Cucumber Salad Tropical Fruit Chef Salad	10 Fresh Fruit Chicken Stew w/ Potatoes and Vegetables Roasted Vegetable Cake Seafood Salad on Wheat	11 Split Pea Soup Beef Tips w/ Gravy Roasted Potato Peas & Onions Cookie Egg Salad on Rye
14 Lentil Soup Chicken Marsala Italian Rice Roasted Carrots & Cauliflower Pineapple Ham Salad on Wheat	15 Chicken Noodle Soup Pub Burger w/ Cheese Chips Maccaroni Salad Cookie Chicken Salad Plate	16 Tuscan White Bean Soup Roasted Pork Loin w/ Gravy Roasted Sweet Potato Peas & Carrots Mandarin Oranges Seafood Salad Plate	17 Italian wedding soup Chicken cordon bleu Roasted Squash & Zucchini Mashed potatoes Holiday desserts No Option	18 Escarole, Sausage, Bean Soup Rigatoni Bolognese Greek Cucumber Salad Garlic bread Mixed Fruit Tossed Salad w/ Chicken
21 Tomato Soup Shepherds Pie w/ Beef and Vegetables Mashed Potato Pears Tuna Salad on Wheat	22 Corn Chowder Smothered Chicken Thighs Potato Salad Mixed Vegetables Corn Bread Fresh Fruit Italian Grinder	23 Fresh Fruit Scrambled eggs Home fries Bacon Mini Croissant Ham & cheese on wheat	24 **Closed**	25 **Closed**
28 Potato Leek Soup Kielbasa & Pepper Sandwich 3 Bean Salad Chips Chocolate chip cookie Turkey and Cheese on Wheat	29 Pasta Fagioli Italian Chicken Breast Sweet Potato Green Beans Mixed Fruit Egg Salad Plate	30 Minestrone Soup Italian Beef Sandwich Cole Slaw Roasted Potato Cookie Spinach Salad w/ Chicken	31 Fresh Fruit Scrambled Eggs Potatoes Obrien Breakfast Sausage Bagel Egg, Ham, Cheese on Bagel	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*