

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

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>			<p>1 Tomato soup Salisbury steak w gravy Potato wedges Buttered corn Melon Ww roll Chef salad</p>	<p>2 Clam chowder Chicken stir fry w/stir fry vegetables Rice pilaf Ww roll Cake Tuna salad sandwich</p>
<p>5 Navy bean vegetable soup French onion baked chicken Roasted potatoes Mixed vegetables Ww roll Fresh fruit Spinach salad w/ chicken</p>	<p>6 Tossed salad Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Ham & cheese on wheat</p>	<p>7 Chicken soup Stuffed shell w/meat sauce Roasted carrot salad Garlic bread Sliced pears Seafood Salad Sandwich</p>	<p>8 Vegetable soup Pork roast w/ gravy Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate</p>	<p>9 Fresh fruit cup Meatball sandwich 3 – bean salad Sliced potatoes Jello Ww roll Tuna salad sandwich</p>
<p>12 Closed</p>	<p>13 Cream of broccoli soup Mexican picadillo w/ Potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on roll</p>	<p>14 Lentil vegetable soup Chicken scallopini Rice pilaf w/ mushrooms Green beans Ww Roll - cake Seafood salad plate</p>	<p>15 Chicken soup Pot roast w/gravy Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad</p>	<p>16 Greek cucumber salad BBQ pulled pork sandwich Cole slaw Roasted sliced potatoes Tropical fruit – Ww roll Tuna salad plate</p>
<p>19 Minestrone soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Turkey sandwich on wheat</p>	<p>20 Tomato soup Ground beef tacos (2) Rice Spanish corn Sour cream Sliced peaches Chef salad</p>	<p>21 Tossed salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat</p>	<p>22 Lentil soup w/ vegetables Oven fried chicken Pasta salad Cucumber salad Ww roll Brownie Egg salad on rye</p>	<p>23 Tossed salad Roasted pork loin Sweet potato Mixed Vegetables Ww Roll Oatmeal cookie Ham & cheese</p>
<p>26 Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on roll</p>	<p>27 Vegetable soup Honey garlic pork chop Roasted vegetables Parmesan rice Tropical fruit Ww roll Spinach salad w/ chicken</p>	<p>28 Greek salad Shepards pie Mashed potato Mixed vegetables / roll Oatmeal cookie Turkey sandwich</p>	<p>29 Vegetable soup Sloppy joe 3 - salad Roasted potatoes Fresh fruit / Ww roll Cobb salad</p>	<p>30 Corn chowder Sausage & pepper sandwich Steamed broccoli Chips Ww roll Pineapple chunks Chef salad</p>

