

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

July 2024

**Suggested
 Donation
 \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken soup Baked chicken topped w/ Eggplant Bolognese Roasted potato Garlic bread Cookie Roast beef on a roll</p>	<p>2 Greek cucumber salad Potato crusted fish Green beans Rice Pilaf Ww roll Sliced peaches Ham & cheese on wheat</p>	<p>3 Tossed salad Pub burger w/cheese Pasta Salad Charred Broccoli Ww roll Strawberry shortcake Turkey sandwich on roll</p>	<p>4  CLOSED</p>	<p>5 Tomato soup Sloppy Joe Cole Slaw Potato Wedges Ww roll Melon Egg Salad Plate</p>
<p>8 Navy bean vegetable soup Chicken Marsala Parmesan rice Mixed Vegetables Ww roll Tropical fruit Spinach salad with chicken</p>	<p>9 Mushroom Barley Soup Sausage & pepper sandwich Chips Roasted zucchini Ww roll Pudding Greek salad with chicken</p>	<p>10 Tomato soup Lemon butter pork chop Roasted potatoes Mixed Vegetables Ww roll Sliced pears Seafood Salad Sandwich</p>	<p>11 Vegetable soup Chicken cordon bleu Rice Pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate</p>	<p>12 Fresh fruit cup Baked pasta w/meatballs Sausage & cheese Roasted Vegetables Jello Roll Tuna salad sandwich</p>
<p>15 Minestrone Soup Meatball sandwich 3- bean salad Potato Wedges Pineapple chunks – Ww roll Cobb Salad</p>	<p>16 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on a roll</p>	<p>17 Clam chowder (red) Fish Sandwich Cole slaw Orzo salad Roll - cake Seafood salad plate</p>	<p>18 Chicken soup Pot roast Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad</p>	<p>19 Cream of Broccoli Lasagna roll up w/ Meat sauce Roasted vegetables Pudding – Ww roll Tuna salad plate</p>
<p>22 Kale bean & sausage soup Shepards pie Mashed potato Ww roll Chocolate cookie Egg salad sandwich</p>	<p>23 Tomato soup Marry Me Chicken Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad</p>	<p>24 Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat</p>	<p>25 Lentil soup w/ vegetables Sliced turkey Stuffing Mixed squash Ww roll Brownie Seafood salad plate</p>	<p>26 Tossed salad Chicken parm Steamed broccoli Spanish rice Ww roll Strawberry shortcake Chef salad</p>
<p>29 Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on a Roll</p>	<p>30 Vegetable soup Pork Chop Italian Roasted vegetables Parmesan rice Tropical fruit – Ww roll Spinach salad w/ chicken</p>	<p>31 Tossed salad Pork roast Sweet potato Mixed vegetables/roll Oatmeal cookie Turkey Sandwich</p>	<p> east bay community action program <small>THE BRIDGE TO SELF-RELIANCE</small></p>	
				<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>

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