


October 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Suggested Donation \$3.00</p>	<p>1 Cream of broccoli soup Chicken cacciatore Roasted potato Green beans Ww Roll Cookie Ham & cheese on rye</p>	<p>2 Lentil soup w/ vegetables Pasta alla norma w/eggplant, Ground beef Mixed Vegetables Ww Roll Fresh fruit Tossed salad w/ chicken</p>	<p>3 Lemony chicken orzo soup Roasted pork loin Sweet potatoes Buttered corn Cookie Ww roll Turkey breast on rye</p>	<p>4 Mushroom barley soup Sloppy joe Rice Pilaf 3 – bean salad Ww roll Sliced peaches Chicken salad plate</p>
<p>7 Escarole & bean soup Meatball sandwich Pasta salad Ww Roll Cake Turkey Sandwich on rye</p>	<p>8 Minestrone Soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced pears Tossed salad w/ chicken</p>	<p>9 Chicken soup French onion baked chicken Rice Pilaf Italian vegetables Cookie Ww Roll Seafood Salad Plate</p>	<p>10 Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich</p>	<p>11 Cheeseburger /w roll BBQ Chicken Tomato & cucumber salad Sliced watermelon Cornbread Cupcake</p>
<p>14 Closed</p>	<p>15 Tomato soup Chicken Vesuvio w/ Potato mushrooms & peas Ww roll Mixed fruit Corned beef Rubeen</p>	<p>16 Navy bean soup Pork roast w/ gravy Roasted potatoes Green beans Ww Roll - cake Seafood salad plate</p>	<p>17 Vegetable soup Open turkey sandwich w/gravy Stuffing Roasted vegetables Sliced peaches – Ww roll Chicken salad plate</p>	<p>18 Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat</p>
<p>21 Meatball soup Greek-style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Roast beef sandwich on wheat</p>	<p>22 Creamy chicken potato soup Swedish meatballs Mashed potato Mixed Vegetables Roll Sliced peaches Chef salad</p>	<p>23 Tuscan white bean soup Baked pasta w/ ground beef, Florentine Zucchini w/carrots Ww roll Lorna Doone cookie Corned beef on rye</p>	<p>24 Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tropical fruit Tuna salad sandwich</p>	<p>25 Escarole bean & sausage soup Chicken fajita w/ peppers & onions Spanish rice Sour cream Chocolate chip cookie Roll Waldorf salad w/ chicken</p>
<p>28 Chicken escarole soup Stuffed shell w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll</p>	<p>29 Roasted Cauliflower soup Pork chop Italiano Rice Pilaf Corn & carrots Ww roll Cake Cobb salad</p>	<p>30 Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Cookie Egg salad sandwich</p>	<p>31 Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed salad w/ chicken</p>	<p>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></p>