


December 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mushroom barley soup Sloppy joe Sliced potatoes 3- bean salad Ww Roll Chocolate cookie Turkey sandwich on rye	3 Chicken soup Baked pasta w/ meatballs & sausage Green beans Ww Roll Tropical fruit Chef salad	4 Tomato soup Chicken piccata Sweet potatoes Roasted vegetables Ww Roll Sliced peaches Roast beef on roll	5 Beef lentil soup Honey garlic pork loin Fiesta rice Sliced carrots Ww roll Fresh fruit Tossed salad w/chicken	6 Cauliflower & tomato soup Salisbury steak w/ gravy Rice pilaf Italian mixed vegetable Ww roll Oatmeal cookie Chicken salad sandwich
9 Kale & bean soup Marry me chicken Roasted potatoes Green beans Ww roll Brownie Ham salad on rye	10 Minestrone soup Chicken parm. Roasted carrots & broccoli Steamed white rice Ww Roll Sliced pears Corned beef sandwich	11 Meatball soup Sausage peppers and sweet potatoes Roasted Ww roll Fresh melon Chicken salad plate	12 Escarole bean & sausage soup Pork scallopini Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	13 Cream of broccoli soup Meatball sandwich Cucumber salad Macaroni salad Mixed fruit Ww roll Chef salad
16 Tuscan white bean soup Chicken cacciatore Parmesan rice Broccoli Ww roll Sliced peaches Corned beef Rubeen sandwich	17 Tomato soup Italian steak pizzaiola Roasted potatoes Zucchini mixed vegetables Ww roll Cake Chef salad	18 Birthday Celebration Lentil soup with vegetables Sausage & Pepper sandwich Pasta salad Ww Roll - Pineapple chunks Seafood salad plate	19 Italian wedding soup Stuffed chicken breast w/gravy Mashed potatoes Green bean casserole Ww roll Dessert	20 Vegetable barley soup Pub burger w/cheese Cole slaw Ww roll Cookie Tuna salad Plate
23 Roasted cauliflower soup Swedish meatballs Rice pilaf Roasted mixed vegetables Ww roll Oatmeal cookie Turkey sandwich	24 Fresh fruit Cheese omelet Potatoes O'Brien Ham Muffin Italian grinder	25 Closed	26 Closed	27 Closed
30 Vegetable soup Baked pasta Florentine w/sausage & cheese Wax beans Ww roll Sliced peaches Roast beef on roll	31 Fresh fruit Scrambled eggs Home fries Ham Muffin Cobb salad	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		Suggested Donation \$3.00