

**SERVING SIZES**

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

# January 2025


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<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>	<p>1  <b>Closed</b>    <b>Suggested \$3.00 Donation</b></p>	<p>2          Tomato soup          Chicken cordon bleu          Fiesta rice          Sliced carrots          Ww roll          Chocolate cookie          Egg salad on wheat</p>	<p>3          Chicken soup          Sausage &amp; pepper sandwich          Sweet potato salad          Ww roll          Cake          Tuna salad sandwich</p>
<p>6          Mushroom barley soup          Marry me chicken          Roasted potatoes          Mixed Vegetables          Ww roll          Brownie          Ham salad on rye</p>	<p>7          Minestrone soup          Pepper steak w/ gravy          Roasted carrots &amp; broccoli          Steamed white rice          Ww Roll          Fresh melon          Tossed salad w/ chicken</p>	<p>8          Vegetable lentil soup          Breaded chicken breast w/ Southern gravy          Sweet potatoes          Cole slaw / ww roll          Sliced pears          Seafood salad plate</p>	<p>9          Tuscan white bean soup          Roasted pork loin w/gravy          Roasted potatoes          Italian green beans          Ww roll          Oatmeal cookie          Chicken salad sandwich</p>	<p>10          Clam chowder (red)          Pub burger w/ cheese          Cucumber salad          Potato wedges          Mixed fruit          Ww roll          Chef salad</p>
<p>13          Vegetable barley soup          Swedish meatballs          Parmesan rice          Broccoli          Ww roll          Sliced peaches          Roast beef sandwich on a roll</p>	<p>14          Tomato soup          Greek-style chicken thigh          Roasted potatoes          Zucchini w/ mixed vegetables          Pita          Cake          Chef salad</p>	<p>15          Cream of broccoli soup          Stuffed shell w/ meatball          Tossed salad          Ww Roll -          Pineapple chunks          Turkey sandwich on rye</p>	<p>16 <b>Birthday Celebration</b>          Meatball soup          Pot roast w/ gravy          Mashed sweet potatoes          Buttered corn          Ww roll          Chocolate chip cookie          Chicken salad plate</p>	<p>17          Chicken soup          Shepards pie          Mashed potato          Ww roll          Watermelon          Tuna salad sandwich</p>
<p>20  <b>Closed</b></p>	<p>21          Corn chowder          Sloppy joe          Potatoes O'Brien          3 - bean salad          Ww roll          Fresh melon          Ham &amp; cheese on rye</p>	<p>22          Escarole &amp; bean soup          Chicken fajita w pepper&amp; onion          Spanish rice          Mexican corn          Ww Roll          Tropical fruit          Seafood salad sandwich</p>	<p>23          Chicken soup          Meatloaf w/ gravy          Mashed potatoes          Peas &amp; onions          Ww roll          Cake          Chopped salad w/chicken</p>	<p>24          Cauliflower tomato soup          Meatball sandwich          Broccoli salad          Ww roll          Sliced peaches          Corned beef Reuben sandwich</p>
<p>27          Vegetable soup          Lasagna roll up w/meat sauce          Wax beans          Ww roll          Sliced peaches          Roast beef on roll</p>	<p>28          Tomato soup          Roasted chicken          Roasted potatoes          Peas &amp; carrots          Brownie / Ww roll          Cobb salad</p>	<p>29          Kale &amp; bean soup          Pork roast w/ gravy          Parsley potatoes          Mixed vegetables          Ww roll          Mixed fruit          Chicken salad plate</p>	<p>30          Lemon chicken orzo soup          Salisbury steak w/ gravy          Rice pilaf          Green beans          Ww roll          Cake          Chef salad</p>	<p>31          Minestrone soup          Chicken parm          Roasted vegetables          Pasta salad          Ww roll          Pineapple chunks          Turkey sandwich</p>