

February 2025

SERVING SIZES

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


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Corn chowder Chicken Teriyaki Rice Pilaf Steamed broccoli Ww roll Sliced peaches Seafood salad plate</p>	<p>4 Vegetable soup BBQ beef Mashed sweet potato Buttered corn Ww roll Brownie Turkey Sandwich</p>	<p>5 Chicken soup Swedish meatballs Mashed potatoes Green beans Ww roll Tropical fruit Tossed salad w/chicken</p>	<p>6 Tomato soup Honey-glazed pork loin Fiesta rice Brussel sprouts Ww roll Chocolate cookie Egg salad on wheat</p>	<p>7 Mushroom barley soup Chicken Marsala Potato wedges Mixed Vegetables Ww roll Pineapple chunks Chef salad</p>
<p>10 Tuscan white bean soup Sloppy joe Roasted potatoes Cole slaw Ww roll Brownie Ham salad on rye</p>	<p>11 Minestrone soup Pepper steak w/ gravy Peas Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>12 Vegetable lentil soup Breaded chicken breast w/ gry. Sweet potatoes Roasted zucchini Ww roll Sliced pears Seafood salad plate</p>	<p>13 Vegetable barley soup Caprese chicken Roasted potatoes Italian green beans Ww roll Cake Chef salad</p>	<p>14 Kale & bean soup Shepards pie Mashed potato Mixed fruit Ww roll Chicken salad sandwich</p>
<p>17 Closed</p>	<p>18 Tomato rice soup Greek-style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Ham & cheese sandwich</p>	<p>19 Cream of broccoli soup Pork roast w/ gravy Rice Pilaf Peas & carrots Ww Roll - Pineapple chunks Turkey sandwich on rye</p>	<p>20 Birthday Celebration Meatball soup Open turkey sandwich w/gravy Stuffing Butternut squash Ww roll Chocolate chip cookie Cobb salad</p>	<p>21 Escarole & bean soup Veal parmesan Florentine rice Italian mixed vegetables Ww roll Watermelon Tuna salad sandwich</p>
<p>24 Cauliflower tomato soup Grilled chicken Spanish rice Roasted carrots Ww roll Sliced pears Seafood salad sandwich</p>	<p>25 Vegetable soup Baked Rigatoni w/meatballs & Sausage Italian roasted vegetables Ww roll Chocolate cookie Ham & cheese on rye</p>	<p>26 Chicken escarole soup Mongolian pork White rice Broccoli Ww Roll Tropical fruit Tossed salad w/chicken</p>	<p>27 Vegetable barley soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chicken salad sandwich</p>	<p>28 Lentil & bean soup Meatball sandwich Cole slaw Sweet potato Ww roll Sliced peaches Egg salad sandwich</p>
		<p>Suggested \$3.00 Donation</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>