

SERVING SIZES

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

August 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>All meals are served with a dinner roll</p>			<p>1 Tomato cauliflower soup Braised beef brisket Roasted Potato w/ vegetables Tomato salad Pineapple chunks Ham & cheese on wheat</p>
<p>4 Escarole bean & sausage soup Meatball sandwich Roasted zucchini & carrot Brownie Chicken salad on rye</p>	<p>5 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches Tossed salad w/ chicken</p>	<p>6 Tuscan white bean soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich</p>	<p>7 Chickpea & kale soup Pot roast w/ gravy Mashed potatoes Green beans Cake Spinach salad w/ chicken</p>	<p>8 Cream of mushroom soup Goulash Cucumber salad Garlic roll Sliced apples Ham & cheese on rye</p>
<p>11 Closed</p>	<p>12 Vegetable soup Creamy Tuscan chicken Broccoli florets Roasted sweet potatoes Cake Egg salad on rye</p>	<p>13 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate</p>	<p>14 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad</p>	<p>15 Chicken soup Pub burger w/ cheese Baked beans Cole slaw / chips Watermelon Hot dog</p>
<p>18 Vegetable lentil soup Cider glazed chicken thighs Potato wedges Mixed vegetables Watermelon Roast beef on roll</p>	<p>19 Minestrone soup Pepper steak Rice pilaf Roasted carrots Sliced pears Chef salad</p>	<p>20 Tomato soup Creamy feta & tomato chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich</p>	<p>21 Mushroom barley soup Sliced turkey w/ gravy Sweet potatoes Green beans Cake Ham & cheese on wheat</p>	<p>22 Chicken escarole soup Shepards pie Mashed potatoes Peaches Cobb salad</p>
<p>25 Corn chowder Fried chicken Roasted potatoes Green bean salad Chocolate chip cookie Turkey sandwich on wheat</p>	<p>26 Mushroom barley soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches Chicken salad on wheat</p>	<p>27 Tomato soup Baked chicken topped w/ Eggplant Bolognese Mediterranean rice Cake Seafood salad plate</p>	<p>28 Chicken soup Salisbury steak Mashed potatoes Buttered corn Fresh melon Tossed salad w/ chicken</p>	<p>29 Chicken soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread</p>