

SERVING SIZES

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

October 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>	All meals are served with a dinner roll	<p>1 Irish Vegetable soup Beef Bourguignon Mashed potatoes Roasted vegetables Sliced peaches Tuna salad Plate</p>	<p>2 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake Turkey sandwich on rye</p>	<p>3 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Lorna doone cookie Cobb salad</p>
<p>6 Vegetable soup Stuffed shell w/meat sauce Roasted zucchini, carrot & Potato Chocolate chip cookie Chicken salad on rye</p>	<p>7 Tomato soup Chicken cordon bleu Roasted sweet potatoes Mixed vegetables Tropical fruit Tossed salad w/ chicken</p>	<p>8 Cabbage roll soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears Seafood salad sandwich</p>	<p>9 Chicken soup Meatloaf w/ gravy Cucumber salad Mashed potatoes Cake Ham & cheese on wheat</p>	<p>10 Mushroom barley soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples Chef salad</p>
<p>13 Closed</p>	<p>14 Escarole & bean soup Meatball sandwich Broccoli florets Roasted sweet potatoes Mixed fruit Egg salad on rye</p>	<p>15 Cream of broccoli soup Chicken Parm Roasted potatoes Green beans Watermelon Tuna salad plate</p>	<p>16 Meatball soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake Greek salad w/chicken</p>	<p>17 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon Chicken salad on wheat</p>
<p>20 Kale & bean soup Shepards Pie (carrots corn Peas) Mashed potatoes Watermelon Roast beef on roll</p>	<p>21 Minestrone soup Sauteed beef w/mushroom gravy Roasted potato Zucchini w/ carrots Sliced pears Chef salad</p>	<p>22 Quinoa vegetable soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich</p>	<p>23 Tomato cauliflower soup Baked ham w/ raisin sauce Mashed potatoes Green beans Cake Turkey & cheese on wheat</p>	<p>24 Lentil vegetable soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches Cobb salad</p>
<p>27 Chicken soup Lasagna roll up w/ meat sauce Roasted potatoes Zucchini salad Chocolate cake Turkey sandwich on wheat</p>	<p>28 Vegetable soup Coq au Vin Mashed potatoes Roasted vegetables Sliced peaches Chicken salad on wheat</p>	<p>29 Tomato soup Sausage & pepper sandwich 3-bean salad Chips Fruit cocktail Tuna salad plate</p>	<p>30 Navy bean soup Pot roast w/ gravy Mashed sweet potatoes Sweet corn Fig newton Chef salad</p>	<p>31 Vegetable lentil soup Grilled chicken Mediterranean chickpea salad Lemon herb rice pilaf Watermelon Ham salad on wheat</p>