

SERVING SIZES

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

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Kale & chickpea soup Tandoori chicken Golden rice pilaf w/fruit Green beans Oatmeal raisin cookie Ham & cheese on wheat	4 Chicken soup Shepards pie (peas, carrots ,corn) Mashed potato Watermelon Tuna salad plate	5 Tomato cauliflower soup Baked chicken topped w/ Eggplant Bolognese Spanish rice Sliced peaches Chef salad	6 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower & Broccoli Fruit cocktail Turkey sandwich on rye	7 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Chocolate cake Cobb salad
10 Mushroom barley soup Creamy Dijon chicken Roasted zucchini, carrot & Potato Chocolate chip cookie Egg salad on rye	11 Closed	12 Tomato soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears Seafood salad sandwich	13 Chicken soup Pot roast w/ gravy Peas & onions Mashed potatoes Cake Ham & cheese on wheat	14 Broccoli & cheese soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples Chef salad
17 Minestrone soup Lasagna roll up w/ meat sauce Roasted sweet potatoes Mixed vegetables Tropical fruit Tossed salad w/ chicken	18 Escarole & bean soup Meatball sandwich Broccoli florets Rice pilaf Sliced peaches Egg salad on rye	19 Tuscan white bean soup Chicken Parm Roasted potatoes Green beans Yellow cake Tuna salad plate	20 Roasted squash & carrot soup Roasted turkey w/ gravy Stuffing /cranberry sauce Roasted vegetables Mashed potatoes Holiday pies	21 Chicken soup Pub burger w/ cheese Cole slaw Corn ribs Watermelon Chicken salad on wheat
24 Lentil vegetable soup Sausage & pepper sandwich 3 bean salad Watermelon Roast beef on roll	25 Minestrone soup Oven roasted chicken Roasted potato Zucchini w/ carrots Sliced pears Chef salad	26 Chicken soup Sauteed beef w/gravy Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich	27 Closed	28 Closed
Rolls are served with all meals				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>