

SERVING SIZES

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

December 2025

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1 Tuscan white bean soup Shepards pie (peas carrots, corn) Mashed potato Oatmeal raisin cookie Ham & cheese on wheat	2 Mushroom barley soup Creamy Dijon chicken Green beans Sweet potatoes Sliced melon Tuna salad plate	3 Lentil vegetable soup Meatball sandwich 3-bean salad Roasted potato Fresh fruit Tossed salad w/chicken	4 Tomato soup Meatloaf w/ gravy Sweet potatoes Cauliflower & Broccoli mix Fruit cocktail Chef salad	5 Chicken soup Pub burger w/ cheese Cole slaw Corn ribs Cake Chicken salad on wheat
8 Escarole & bean soup Baked chicken topped w/ Eggplant Bolognese Roasted vegetable Chocolate chip cookie Egg salad on rye	9 Minestrone soup Baked Ziti w/ Meatball, spinach & cheese Roasted carrots Sliced pears Seafood salad plate	10 Vegetable soup Pork roast w/ gravy Mixed vegetables Spanish rice Sliced peaches Turkey sandwich on wheat	11 Chicken soup Salisbury steak w/gravy Kale Mashed potatoes Cake Ham & cheese on wheat	12 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples Chef salad
15 Kale & chickpea soup Greek style chicken thigh Golden rice pilaf Mixed vegetables Tropical fruit Tossed salad w/ chicken	16 Irish vegetable soup Meatball sandwich Broccoli florets Sliced peaches Egg salad on rye	17 Meatball soup Sloppy joe sandwich Roasted potatoes Green beans Yellow cake Tuna salad plate	18 Italian wedding soup Chicken cordon bleu Brussel sprouts Mashed potatoes Holiday desserts	19 Navy bean soup Lasagna roll up w/ meat sauce Roasted zucchini mix Garlic bread Peaches Chicken salad sandwich
22 Vegetable soup Oven roasted chicken Spanish rice Tomato corn salsa Chocolate chip cookie Turkey & cheese on wheat	23 Chicken soup Swedish meatballs Mashed potatoes Capri vegetables Sliced pears Chef salad	24 Orange juice Scrambled eggs Home fries Bacon Muffins Ham & cheese on wheat	25 Closed	26 Closed
29 Vegetable barley soup Sausage & pepper sandwich 3-bean salad Greek salad Lorna Doone cookie Chicken salad on wheat	30 Chicken & rice soup Chicken marsala Rice pilaf Baby carrots Sliced fruit Tossed salad w/ chicken	31 Orange juice Scrambled eggs Potatoes O'Brien Sliced ham Muffins Bagel sandwich	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>