

**SERVING SIZES**

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

# January 2026

**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>	Rolls are served with all meals		<p><sup>1</sup>  <b>Closed</b></p>	<p><sup>2</sup>          Mediterranean lentil soup          Sloppy joe          Cole slaw          Roasted potato          Cake          Ham &amp; cheese on wheat</p>
<p><sup>5</sup>          Escarole &amp; bean soup          Chicken marsala          Lemon rice          Roasted vegetable          Chocolate chip cookie          Egg salad on rye</p>	<p><sup>6</sup>          Minestrone soup          Stuffed shell w/meat sauce          Green beans          Sliced pears          Seafood salad plate</p>	<p><sup>7</sup>          Chicken soup          Creamy Dijon chicken          Mixed vegetables          Spanish rice          Sliced peaches          Turkey sandwich on wheat</p>	<p><sup>8</sup>          Tomato soup          Stuffed meatloaf w/gravy          Cream corn          Mashed potatoes          Cake          Cobb salad</p>	<p><sup>9</sup>          Broccoli &amp; cheese soup          Chicken cacciatore          Rice pilaf          Peas &amp; carrots          Sliced apples          Chef salad</p>
<p><sup>12</sup>          Chicken barley soup          Baked pasta w/meatballs &amp; sausage          Roasted vegetables          Tropical fruit          Tossed salad w/ chicken</p>	<p><sup>13</sup>          Irish vegetable soup          Meatball sandwich          Broccoli florets          Sweet potato salad          Sliced peaches          Egg salad on rye</p>	<p><sup>14</sup>          Meatball soup          Oven roasted chicken          Roasted potatoes          Green beans          Yellow cake          Tuna salad plate</p>	<p><sup>15</sup>          Mushroom barley soup          Honey glazed pork roast          Mashed sweet potatoes          Roasted carrots          Sliced melon          Chef salad</p>	<p><sup>16</sup>          Navy bean soup          Chicken parm          Roasted zucchini mix          Rice pilaf          Peaches          Chicken salad sandwich</p>
<p><sup>19</sup>  <b>Closed</b></p>	<p><sup>20</sup>          Vegetable barley soup          Lemon pepper chicken          Mexican rice          Capri vegetables          Sliced pears          Turkey sandwich</p>	<p><sup>21</sup>          Chicken soup          Swedish meatballs          Mashed potatoes          Broccoli florets          Sliced melon          Italian grinder</p>	<p><sup>22</sup>          Kale &amp; chickpea soup          Pot roast w /gravy          Roasted potatoes          Balsamic glazed carrots          Chocolate chip cookie          Greek salad w/ chicken</p>	<p><sup>23</sup>          Tomato soup          Pub burger w/ cheese          Cole slaw          Chips          Cake          Tuna salad on rye</p>
<p><sup>26</sup>          Vegetable soup          Chicken a la king w/          Mixed vegetables          Steamed rice          Lorna Doone cookie          Chicken salad on wheat</p>	<p><sup>27</sup>          Chicken noddle soup          Ground beef stir fry w/          Vegetables          Vegetable fried rice          Sliced fruit          Tossed salad w/ chicken</p>	<p><sup>28</sup>          Minestrone soup          Pork chop Italiano          Roasted potatoes          Zucchini mix          Mixed fruit          Cobb salad</p>	<p><sup>29</sup>          Carrot soup          Open turkey sandwich          Butternut squash          Stuffing          Cake          Roast beef on roll</p>	<p><sup>30</sup>          Pasta &amp; bean soup          Sausage &amp; pepper sandwich          Roasted potatoes          Cole slaw          Watermelon          Turkey &amp; bacon sandwich</p>