

SERVING SIZES

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

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Navy bean soup Chicken French stew Mashed potatoes Green beans Sliced peaches Chicken salad on wheat</p>	<p>3 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears Tossed salad w/ chicken</p>	<p>4 Mushroom barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate</p>	<p>5 Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions Cake Greek salad w/ chicken</p>	<p>6 Mediterranean lentil soup Lemon pepper baked fish Cole slaw Roasted potato Cookies Turkey & cheese on wheat</p>
<p>9 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie Egg salad on rye</p>	<p>10 Minestrone soup Stuffed shell w/ meatball Green beans Roasted potatoes Sliced pears Seafood salad plate</p>	<p>11 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum.Tom.kale. Spinach, onion, celery Mixed fruit Turkey sandwich on wheat</p>	<p>12 Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Soda bread Cake / no option</p>	<p>13 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples Greek salad w/ chicken</p>
<p>16 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon Ham salad on wheat</p>	<p>17 Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Brownie Cobb salad</p>	<p>18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon Tuna salad plate</p>	<p>19 Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad</p>	<p>20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich</p>
<p>23 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie Chicken salad on rye</p>	<p>24 Minestrone soup Pepper steak w/ gravy Mashed potatoes Roasted vegetables Sliced peaches Chef salad</p>	<p>25 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye</p>	<p>26 Kale & chickpea soup Meatloaf w/ gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken</p>	<p>27 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears Tuna salad on rye</p>
<p>30 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder</p>	<p>31 Vegetable barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken</p>	<p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Health Aging</i></p>   <p>East Bay Community Action Program</p>		<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p> <p>Suggested donation \$3.00</p>