


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

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>		Suggested Donation \$3.00	Call 625-6790 to book your meal, at least 24 hours in advance, please	1 Mushroom barley soup French onion baked chicken Rice pilaf Italian mixed vegetable Ww roll Sliced peaches Chicken salad plate
4 Chicken soup Marry me meatballs Rice pilaf Green beans Ww roll Cookies Ham salad on rye	5 Minestrone soup Chicken teriyaki Roasted carrots & broccoli Steamed white rice Ww Roll Sliced pears Tossed salad w/ chicken	6 Beef lentil soup Sausage peppers and Roasted potatoes Ww roll Fresh melon Seafood Salad Plate	7 Tomato soup Pork scallopini Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	8 Cream of broccoli soup Sloppy joe Sliced potatoes Cole slaw Mixed fruit Ww roll Turkey & bacon sandwich
11 Closed	12 Kale & bean soup Chicken w/roasted tomato Mushrooms & red onion Rice pilaf Ww roll Sliced pears Roast beef on roll	13 Navy bean soup Pork roast w/ gravy Mashed sweet potatoes Green beans Ww Roll - Cake Seafood salad plate	14 Chicken soup Stuffed meatloaf Mashed potatoes Buttered corn Sliced peaches - Ww roll Chicken salad sandwich	15 Vegetable barley soup Shepards pie Mashed potato Ww roll Cookie Ham & cheese on wheat
18 Tomato soup Honey Glazed chicken Rice pilaf florentine Roasted mixed vegetables Ww roll Oatmeal cookie Turkey sandwich	19 Chicken soup Meatball & peppers sandwich Green beans Sliced potatoes Roll Sliced peaches Chef salad	20 Tuscan white bean soup Pasta alla norma w/eggplant Ground beef Zucchini & carrots Ww roll Lorna doone cookie Tossed salad w/ chicken	21 Birthday Cupcake Squash soup Roast turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce/ roll Holiday Pies	22 Escarole bean & sausage soup Pub burger w/cheese Potatoes wedges 3 – bean salad Ww roll Fresh fruit Waldorf salad w/ chicken
25 Chicken escarole soup Lasagna roll up w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	26 Roasted Cauliflower soup Marry me chicken Rice pilaf Corn & carrots Ww roll Cobb salad	27 Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Egg salad sandwich	28 Closed	30 Closed