October 2024 Call 401-**625-6790** to order

**SERVING SIZES**

**Grains – 2 ounces**

**Vegetables – ½ cup**

**Fruits – ½ cup**

**Protein – 3 ounces**

**Dairy – 1 cup**

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| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| ***Suggested Donation $3.00*** | **1**  **Cream of broccoli soup**  **Chicken cacciatore**  **Roasted potato**  **Green beans**  **Ww Roll**  **Cookie**  **Ham & cheese on rye** | | **2**  **Lentil soup w/ vegetables**  **Pasta alla norma w/eggplant,**  **Ground beef**  **Mixed Vegetables**  **Ww Roll**  **Fresh fruit**  **Tossed salad salad w/ chicken** | **3**  **Lemony chicken orzo soup**  **Roasted pork loin**  **Sweet potatoes**  **Buttered corn**  **Cookie**  **Ww roll**  **Turkey breast on rye** | **4**  **Mushroom barley soup**  **Sloppy joe**  **Rice Pilaf**  **3 – bean salad**  **Ww roll**  **Sliced peaches**  **Chicken salad plate** |
| **7**  **Escarole & bean soup**  **Meatball sandwich**  **Pasta salad**  **Ww Roll**  **Cake**  **Turkey Sandwich on rye** | **8**  **Minestrone Soup**  **Chicken cordon bleu**  **Mashed potato**  **Green beans w/ carrots**  **Ww Roll**  **Sliced pears**  **Tossed salad w/ chicken** | | **9 Chicken soup**  **French onion baked chicken**  **Rice Pilaf**  **Italian vegetables**  **Cookie**  **Ww Roll**  **Seafood Salad Plate** | **10**  **Vegetable soup**  **Meatloaf w/ gravy**  **Mashed potatoes**  **Baby carrots**  **Ww roll**  **Sliced peaches**  **Tuna salad sandwich** | **11**  **Cheeseburger /w roll**  **BBQ Chicken**  **Tomato & cucumber salad**  **Sliced watermelon**  **Cornbread**  **Cupcake** |
| **14**  **Closed COLUMBUS DAY** | **15**  **Tomato soup**  **Chicken Vesuvio w/**  **Potato mushrooms & peas**  **Ww roll**  **Mixed fruit**  **Corned beef Rueben** | | **16**  **Navy bean soup**  **Pork roast w/ gravy**  **Roasted potatoes**  **Green beans**  **Ww Roll - cake**  **Seafood salad plate** | **17**  **Vegetable soup**  **Open turkey sandwich w/gravy**  **Stuffing**  **Roasted vegetables**  **Sliced peaches – Ww roll**  **Chicken salad plate** | **18**  **Vegetable barley soup**  **Shepards pie**  **Mashed potato**  **Ww roll**  **Cookie**  **Ham & cheese on wheat** |
| **21**  **Meatball soup**  **Greek-style chicken thighs**  **Parsley potatoes**  **Florentine rice**  **Ww roll**  **Oatmeal cookie**  **Roast beef sandwich on wheat** | **22**  **Creamy chicken potato soup**  **Swedish meatballs**  **Mashed potato**  **Mixed Vegetables**  **Roll**  **Sliced peaches**  **Chef salad** | | **23**  **Tuscan white bean soup**  **Baked pasta w/ ground beef, Florentine**  **Zucchini w/carrots**  **Ww roll**  **Lorna Doone cookie**  **Corned beef on rye** | **24**  **Tomato soup**  **Honey garlic pork chop**  **Sweet potatoes**  **Peas & carrots**  **Ww roll**  **Tropical fruit**  **Tuna salad sandwich** | **25**  **Escarole bean & sausage soup**  **Chicken fajita w/ peppers &**  **onions**  **Spanish rice**  **Sour cream**  **Chocolate chip cookie**  **Roll**  **Waldorf salad w/ chicken** |
| **28**  **Chicken escarole soup**  **Stuffed shell w/ meat sauce**  **Wax beans**  **Ww roll**  **Sliced peaches**  **Roast beef on roll** | **29**  **Roasted Cauliflower soup**  **Pork chop Italiano**  **Rice Pilaf**  **Corn & carrots**  **Ww roll**  **Cake**  **Cobb salad** | **30 31**  **Vegetable soup Lentil soup**  **Roast beef w/gravy Baked ham w/ gravy**  **Mashed sweet potato Rice Florentine**  **Mixed vegetables Sliced carrots**  **Ww roll Ww roll**  **Cookie Fresh fruit**  **Egg salad sandwich Tossed salad w/ chicken** | | | **All menu items may contain nuts, seeds, beans, wheat bran, and other allergens**  ***Funded in part by the***  ***US Administration on Aging and the Rhode Island Office of Healthy Aging*** |