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***  |