

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



# May 2024

To reserve a meal please call Eileen at 401-423-2658. Meals reservations require 48-hour notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich	2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate	3 Minestrone soup Sloppy joe Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
6 Mushroom barley soup Greek style chicken thighs Florentine rice Sautéed vegetable Multi grain roll Chocolate chip cookie Roast beef w/ swiss cheese	7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken	8 Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	9 Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed vegetables Mashed potatoes Cake Seafood salad plate	10 Roasted cauliflower soup Meatball sandwich Pasta salad Ww roll Chips Fresh fruit Tuna salad sandwich
13 Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll Pineapple Ham & cheese on wheat	14 Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll Lorna doone cookie Spinach salad w/ chicken	15 Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll Fresh fruit Italian grinder	16 Minestrone soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll Brownie Egg salad on wheat	17 Tuscan white bean soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Sliced pears Tuna salad plate
20 Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – ww roll Egg salad sandwich	21 Vegetable barley soup Manicotti w/meat sauce Italian green beans salad Ww roll Tropical fruit Reuben on rye	22 Irish vegetable soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken	23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf Baby carrots Whole Wheat Roll - cake Tuna sandwich plate	24 Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad
27 <b>Closed</b>	28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29 Mushroom chickpea veggie soup Chicken scallopini Mixed vegetables Parmesan Rice Cantaloupe Spinach salad w/ chicken	30 Lentil soup w/ vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31 Vegetable soup Shepards pie Mashed potato Ww Roll Honeydew Ham & cheese on Wheat

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