

**SERVING SIZES**

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

# May 2026

Reservations for meals are due two business days prior to 10:00 AM. The meal site is open from 9am-1pm; M-F. Meals are a suggested donation of \$3.00 per meal.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>All meals are served with a roll</p>	<p>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></p>			<p>1          Fresh Fruit salad          Cheese omelet          Baked beans          Home fries          Bacon          Coffee cake  <b>Ham &amp; cheese on wheat</b></p>
<p>4          Navy bean soup          Marry me chicken/w pasta          Broccoli &amp; cauliflower mix          Garlic bread          Watermelon  <b>Roast beef sandwich</b></p>	<p>5          Vegetable barley soup          Sloppy Joe          Potato wedges          Green beans          Cookies  <b>Seafood salad plate</b></p>	<p>6          Wedding soup          Oven roasted chicken          Italian rice          Roasted root vegetables          Mixed fruit  <b>Turkey &amp; bacon on wheat</b></p>	<p>7          Tomato soup          Baked ham w/ raisin sauce          Mixed vegetables          Sweet potatoes          Cup cakes  <b>Chicken salad on rye</b></p>	<p>8          Tuscan white bean soup          Meatball sandwich          3 bean salad          Pasta salad          Sliced apples  <b>Egg salad plate</b></p>
<p>11          Vegetable soup          Tuscan chicken          Sweet mashed potatoes          Roasted zucchini w/ tomatoes          Sliced peaches  <b>Corned beef on rye</b></p>	<p>12          Chicken escarole soup          Stuffed shell w/meatball          Italian vegetables          Garlic bread          Chocolate cake  <b>Cobb salad</b></p>	<p>13          Carrot soup          Roast beef w/ gravy          Roasted potato          Peas &amp; onions          Tropical fruit  <b>Egg salad on rye</b></p>	<p>14          Lentil vegetable soup          Balsamic pork chop          Roasted carrot w/ broccoli          Barley w/ mushrooms          Sugar cookie  <b>Chicken salad on wheat</b></p>	<p>15          Minestrone soup          French onion chicken          Roasted potatoes          Mixed vegetables          Sliced peaches  <b>Tuna salad plate</b></p>
<p>18          Root vegetable soup          Swedish meatballs          Rice pilaf          Mixed vegetables          Fruit cocktail  <b>Ham &amp; cheese on rye</b></p>	<p>19          Vegetable barley soup          Baked pasta w/ meatballs &amp; Sausage          Roasted vegetables          Sliced pears  <b>Turkey &amp; cheese on wheat</b></p>	<p>20          Tomato soup          Chicken parm          Roasted potatoes          Peas &amp; carrots          Sliced peaches  <b>Chicken salad on wheat</b></p>	<p>21          Chicken &amp; rice soup          Pork roast w/ gravy          Mashed potatoes          Buttered corn          Cake  <b>Tuna salad plate</b></p>	<p>22          Lentil vegetable soup          BBQ chicken sandwich          3 bean salad          Rice pilaf          Mixed fruit  <b>Cobb salad</b></p>
<p>25  <b>Closed</b></p>	<p>26          Tuscan vegetable soup          Sausage &amp; peppers w/ roll          Greek cucumber salad          Tropical fruit  <b>Tossed salad w/ chicken</b></p>	<p>27          Split pea soup          Pork chops w/ mushroom sauce          Roasted rosemary root          Vegetables w/potatoes          Cookie  <b>Cobb salad</b></p>	<p>28          Minestrone soup          Pot roast w/ gravy          Mashed potato          Baby carrots w/ honey herb butter          Lemon cake  <b>Italian Grinder</b></p>	<p>29          Chicken soup          Baked chicken topped w/          Eggplant bolognese          Cucumber salad w/chic peas          Watermelon  <b>Seafood salad plate</b></p>