

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

July 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Dinner rolls are served with all meals	1 Tuscan white bean soup Lasagna roll up w/meat sauce Greek cucumber salad Fruit cocktail Chicken salad sandwich	2 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread	3 Creamy tomato chicken soup Pub burger w/cheese Pasta salad w/vegetables Strawberry short cake Tuna salad plate	4 Closed
	7 Escarole bean & sausage soup Chicken parm Roasted potatoes Green beans Brownie Ham salad on rye	8 Minestrone soup Shepards pie Mashed potatoes Fresh melon Tossed salad w/ chicken	9 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	10 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake Spinach salad w/ chicken
	14 Mushroom barley soup Sloppy joe w/ ww roll Cole slaw Mediterranean potato salad Fresh melon Chef salad	15 Escarole & bean soup Sausage & Pepper sandwich Broccoli florets Roasted sweet potatoes Cake Egg salad on rye	16 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	17 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad
	21 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon Roast beef on roll	22 Minestrone soup Beef w/ broccoli & mushrooms Rice pilaf Roasted carrots Sliced pears Chef salad	23 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	24 Vegetable soup Baked ham w/ gravy Spanish rice Green beans Cake Chopped salad w/chicken
	28 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green & wax bean salad Chocolate chip cookie Turkey sandwich on wheat	29 PIZZA	30 Tomato soup Balsamic pork loin Sweet potatoes Mixed vegetables Cake Seafood salad plate	31 Chicken soup Chicken cacciatore Roasted potatoes Broccoli florets Fresh melon Tossed salad w/ chicken
				25 <u>Summer Celebration</u> Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches
				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>