

March 2026 MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 2 #1 Navy bean soup Chicken French stew Green Beans Mashed potatoes Sliced peaches #2 Chicken salad on wheat | 3 #1 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears #2 Tossed salad w/ chicken | 4 #1 Mushroom barley soup Mediterranean chicken Potatoes, mushrooms & tomatoes Sliced melon #2 Tuna salad plate | 5 #1 Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions Cake #2 Greek salad w/ chicken | 6 #1 Mediterranean Lentil soup Lemon pepper baked fish Roasted Potato Cole slaw Cookies #2 Turkey & cheese on wheat |
| 9 #1 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie #2 Egg salad on rye | 10 #1 Minestrone soup Stuffed shell w/meatball Green beans Roasted potatoes Sliced pears #2 Seafood salad plate | 11 #1 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum, Tom, Kale, Spinach, onion, celery) Mixed fruit #2 Turkey sandwich on wheat | 12 St Patrick's Luncheon #1 Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Soda bread Cake | 13 #1 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples #2 Greek salad w/ chicken |
| 16 #1 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon #2 Ham salad on wheat | 17 #1 Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Brownie #2 Cobb salad | 18 #1 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon #2 Tuna salad plate | 19 #1 Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Sugar cookie #2 Chef salad | 20 #1 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches #2 Chicken salad sandwich |
| 23 #1 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie #2 Chicken salad on rye | 24 #1 Minestrone soup Pepper steak w/gravy Mashed potatoes Roasted Vegetables Sliced peaches #2 Chef salad | 25 #1 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail #2 Ham & Cheese on rye | 26 #1 Kale & chickpea soup Meatloaf w /gravy Mashed potatoes Buttered corn Cake #2 Greek salad w/ chicken | 27 #1 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears #2 Tuna salad on rye |
| 30 #1 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon #2 Italian grinder | 31 <p style="text-align: center; font-size: 2em;">Pizza</p> | | Dinner rolls are served with all meals | 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. |

WELCOME!
 Our suggested donation is \$3.00 per meal.
 Lunch is served At 12:00 pm

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.

SERVING SIZES

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