



MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 #1 Fresh fruit cup Classic Texas chili Riced cauliflower Corn bread Cookies #2 Seafood salad plate	2 #1 Chicken noodle soup Roasted chicken w/gravy Green beans Mashed potatoes Fresh melon #2 Ham & Swiss cheese on rye	3 #1 Tuscan lentil soup Creamy garlic pork chop Rice pilaf Sweet peas & carrots Cake #2 Greek salad w/chicken	4 #1 Tomato basil soup Baked fish Italian vegetables Roasted sweet potatoes Sliced pears #2 Cobb salad
7 Closed in Observance of Labor Day.	8 #1 Minestrone soup Mediterranean chicken Sauteed Greek vegetables Lemon potatoes Lorna Dune cookies #2 Seafood salad sandwich	9 Closed for Primary Vote	10 #1 Creamy vegetable soup Roasted pork loin w/gravy Cauliflower mashed potatoes Green beans Brownie #2 Egg salad sandwich	11 #1 Navy bean soup Sausage & pepper sandwich 3 bean salad Potato wedges Sliced peaches #2 Greek salad w/chicken
14 #1 Chicken soup Shepards pie Mashed potatoes Fresh melon #2 Corned beef on rye	15 PIZZA	16 #1 Vegetable soup Baked pasta w/sausage & Mini meatballs Summer vegetables Sliced pears #2 Chicken salad sandwich	17 #1 Tomato spinach & basil soup Beef tips w/gravy Italian style zucchini Sweet potatoes Jello #2 Turkey on rye	18 #1 Clam chowder Roasted chicken thighs w/gravy Rice pilaf Mixed vegetable Watermelon #2 Italian grinder
21 #1 Three bean soup Honey Dijon chicken Sweet potatoes Prince Edward vegetables Tropical fruit #2 Roast beef sandwich	22 #1 Carrot soup Pepper steak Broccoli cauliflower mix Mashed potato Sliced peaches #2 Egg salad on rye	23 #1 Creamy vegetable soup Hawaiian pineapple pork White rice Baby carrots Cookie #2 Cobb salad	24 #1 Chicken soup Roasted turkey w/gravy Stuffing Buttered corn Cake #2 Greek salad w/chicken	25 #1 Tuscan soup w/vegetables Pub burger w/cheese Greek cucumber salad Chips Fresh fruit #2 Turkey & Cheese sandwich
28 #1 Escarole & bean soup Sloppy joe Roasted potato Italian green beans Fresh fruit #2 Ham & cheese on rye	29 #1 Lentil & bean soup w/kale Lemon chicken w/artichokes Mixed vegetables Rice pilaf Cookie #2 Roast beef sandwich	30 #1 Chicken soup Apple cider pork roast Sweet potatoes Stewed tomatoes Fruit cocktail #2 Tuna salad sandwich	Bump up Fiber. Fiber helps maintain digestive health & helps us feel fuller longer. Fiber also helps control blood sugar and cholesterol levels. Fresh fruits & vegetable, whole grains, legumes, nuts, & seeds are good sources.	
			Funded in part by the US Administration on Aging and The Rhode Island office of Healthy Aging	