

SERVING SIZES

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

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are served with a roll		1 Mushroom barley soup Spanish beef Rice pilaf Corn w/ diced tomato Sliced melon Turkey & cheese on wheat	2 Tomato rice soup Baked ham w/ raisin sauce Green bean almondine Sweet potatoes Cup cake Greek salad w/ chicken	3 CENTER CLOSED
6 Escarole & bean soup Chicken parm Roasted potatoes Roasted vegetables Sliced peaches Ham & cheese on rye	7 Minestrone soup Lasagna roll up w/ meat sauce Roasted zucchini and tomatoes Cookies Seafood salad plate	8 Chicken soup Sloppy Joe Cole slaw Mixed vegetables Mixed fruit Turkey & bacon on wheat	9 Vegetable lentil soup Pork roast w/ gravy Mashed potatoes Roasted vegetables Yellow cake Italian grinder	10 Tuscan white bean soup Pub burger w/ cheese 3 bean salad Pasta salad Sliced apples Egg salad plate
13 Vegetable soup Chicken French stew Mashed potatoes Green beans Sliced peaches Roast beef sandwich	14 Chicken escarole soup Meatball sandwich Roasted vegetables Roasted sweet potatoes Brownie Cobb salad	15 Vegetable barley soup Baked chicken topped w/ Eggplant bolognese Mediterranean rice Watermelon Seafood salad plate	16 Corn chowder Pork loin w/tom, peppers onion Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad	17 Tuscan soup Chicken cacciatore Roasted zucchini mix Rice pilaf Peaches Tuna salad plate
20 Minestrone soup Chicken marsala Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye	21 Vegetable barley soup Swedish meatballs Mashed potatoes Wax beans Cookies Greek salad w/ chicken	22 Tomato soup Pepper steak w/ gravy White rice w/green onions Roasted vegetables Sliced peaches Chicken salad on wheat	23 Chicken & rice soup Stuffed meatloaf w/ gravy Mashed potatoes Buttered corn Cake Italian chopped salad	24 Lentil vegetable soup Baked pasta w/ meatballs & Sausage Roasted vegetables Sliced pears Turkey & cheese on wheat
27 Chicken escarole soup Sausage & peppers sandwich 3-bean salad Pasta salad Sliced melon Corned beef & Swiss On rye	28 Tuscan vegetable soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken	29 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Cookie Chef salad Grinder	30 Minestrone soup Sautéed beef w gravy Creamy parmesan rice Baby carrots w/ honey herb butter Lemon cake Italian	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>