

# November 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>8 oz milk served daily with lunch</p>			<p>1            French Onion Baked Chicken            Rice Pilaf            Italian Mixed Vegetable            WW Roll            Sliced Peaches</p>
<p>4            Marry Me Meatballs            Rice Pilaf            Green Beans            WW Roll</p>	<p>5            Chicken Teriyaki            Roasted Carrots &amp; Broccoli            Steamed White Rice            WW Roll            Sliced Pears</p>	<p>6            Sausage Peppers and Roasted Potatoes            WW Roll            Fresh Melon</p>	<p>7            Pork Scallopini            Mashed Potatoes            Baby Carrots            WW Roll            Sliced Peaches</p>	<p>8            Sloppy Joe            Sliced Potatoes            Cole Slaw            Mixed Fruit            WW Roll</p>
<p>11  <b>Closed</b></p>	<p>12            Chicken w/Roasted Tomato Mushrooms &amp; Red Onion            Rice Pilaf            WW Roll            Sliced Pears</p>	<p>13            Pork Roast w/ Gravy            Mashed Sweet Potatoes            Green Beans            WW Roll</p>	<p>14            Stuffed Meatloaf            Mashed Potatoes            Buttered Corn            Sliced Peaches            WW Roll</p>	<p>15            Shepards Pie            Mashed Potato            WW Roll</p>
<p>18            Honey Glazed chicken            Rice Pilaf Florentine            Roasted Mixed Vegetables            WW Roll</p>	<p>19            Meatball &amp; Peppers Sandwich            Green Beans            Sliced Potatoes            Roll            Sliced Peaches</p>	<p>20            Pasta Alla Norma w/Eggplant            Ground Beef            Zucchini &amp; Carrots            WW Roll</p>	<p>21            Roast Turkey w/ Gravy            Stuffing            Mashed Potatoes            Roasted Vegetables            Cranberry Sauce/ Roll</p>	<p>22            Pub Burger w/ Cheese            Potatoes Wedges            3 – Bean Salad            WW Roll            Fresh Fruit</p>
<p>25            Lasagna Roll-Up w/ Meat Sauce            Wax Beans            WW Roll            Sliced Peaches</p>	<p>26            Marry Me Chicken            Rice Pilaf            Corn &amp; Carrots            WW Roll</p>	<p>27            Roast Beef w/ Gravy            Mashed Sweet Potato            Mixed Vegetables            WW Roll</p>	<p>28  <b>Closed</b></p>	<p>30  <b>Closed</b></p>