

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

# October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 oz milk served daily With lunch</p>	<p>1 Chicken Cacciatore Roasted Potato Green Beans WW Roll</p>	<p>2 Pasta Alla Norma w/ Eggplant, Ground Beef Mixed Vegetables WW Roll Fresh Fruit</p>	<p>3 Roasted Pork Loin Sweet Potatoes Buttered Corn WW Roll</p>	<p>4 Sloppy Joe Rice Pilaf 3 – Bean Salad WW Roll Sliced Peaches</p>
	<p>7 Meatball Sandwich Pasta Salad WW Roll</p>	<p>8 Chicken Cordon Bleu Mashed Potato Green Beans w/ Carrots WW Roll Sliced Pears</p>	<p>9 Rice Pilaf Italian Vegetables WW Roll</p>	<p>10 Meatloaf w/ Gravy Mashed Potatoes Baby Carrots WW Roll Sliced Peaches</p>
<p>14  <b>Closed Columbus Day</b></p>	<p>15 Chicken Vesuvio w/ Potato Mushroom &amp; Peas WW Roll Mixed Fruit</p>	<p>16 Pork Roast w/ Gravy Roasted Potatoes Green Beans WW Roll</p>	<p>17 Open Turkey Sandwich w/Gravy Stuffing Roasted Vegetables Sliced Peaches WW Roll</p>	<p>18 Shepards Pie Mashed Potato WW Roll</p>
<p>21 Greek-style Chicken Thighs Parsley Potatoes Roasted Vegetables WW Roll</p>	<p>22 Swedish Meatballs Mashed Potato Mixed Vegetables Roll Sliced Peaches</p>	<p>23 Baked Pasta w/ Ground Beef, Florentine Zucchini w/ Carrots WW Roll</p>	<p>24 Honey Garlic Pork Chop Sweet Potatoes Peas &amp; Carrots WW Roll Tropical Fruit</p>	<p>25 Chicken Fajita w/ Peppers &amp; Onions Spanish Rice Sour Cream Roll</p>
<p>28 Stuffed Shell w/ Meat Sauce Wax Beans WW Roll Sliced Peaches</p>	<p>29 Pork Chop Italiano Rice Pilaf Corn &amp; Carrots WW Roll</p>	<p>30 Roast Beef w/ Gravy Mashed Sweet Potato Mixed Vegetables WW Roll</p>	<p>31 Baked Ham w/ Gravy Rice Florentine Sliced Carrots WW Roll</p>	<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>