

December 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Sliced Potatoes 3- Bean Salad WW Roll	3 Baked Pasta w/ Meatballs & Sausage Green Beans WW Roll Tropical Fruit	4 Chicken Piccata Sweet Potatoes Roasted Vegetables WW Roll Sliced Peaches	5 Honey Garlic Pork Loin Fiesta Rice Sliced Carrots WW Roll Fresh Fruit	6 Salisbury Steak w/ Gravy Rice Pilaf Italian Mixed Vegetable WW Roll
9 Marry Me Chicken Roasted Potatoes Green Beans WW Roll	10 Chicken Parm. Roasted Carrots & Broccoli Steamed White Rice WW Roll Sliced Pears	11 Sausage Peppers and Roasted Sweet Potatoes WW Roll Fresh Melon	12 Pork Scallopini Mashed Potatoes Baby Carrots WW Roll Sliced Peaches	13 Meatball Sandwich Cucumber Salad Macaroni Salad Mixed Fruit WW roll
16 Chicken Cacciatore Parmesan Rice Broccoli WW Roll Sliced Peaches	17 Italian Steak Pizzaiola Roasted Potatoes Zucchini Mixed Vegetables WW Roll	18 Lentil Soup with Vegetables Sausage & Pepper Sandwich Pasta Salad Ww Roll Pineapple Chunks	19 Stuffed Chicken Breast w/Gravy Mashed Potatoes Green Bean Casserole WW Roll	20 Pub Burger w/ Cheese Cole Slaw WW Roll
23 Swedish Meatballs Rice Pilaf Roasted Mixed Vegetables WW Roll	24 Fresh Fruit Cheese Omelet Potatoes O'Brien Ham Muffin	25 Encore Catering Closed	26 Encore Catering Closed	27 Encore Catering Closed
30 Baked Pasta Florentine w/ Sausage & Cheese Wax Beans WW Roll Sliced Peaches	31 Fresh Fruit Scrambled Eggs Home Fries Ham Muffin	8 OZ. MILK SERVED DAILY WITH LUNCH		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>

