

January 2025

SERVING SIZES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 oz. milk served lunch Served daily with lunch</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>	<p>1 Closed Happy New Year</p>	<p>2 Chicken Cordon Bleu Fiesta Rice Sliced Carrots WW Roll</p>	<p>3 Sausage & Pepper Sandwich Sweet Potato Salad WW Roll</p>
<p>6 Marry Me Chicken Roasted Potatoes Mixed Vegetables WW Roll</p>	<p>7 Pepper Steak w/ Gravy Roasted Carrots & Broccoli Steamed White Rice WW Roll Fresh Melon</p>	<p>8 Breaded Chicken Breast w/ Southern Gravy Sweet Potatoes Cole Slaw WW Roll Sliced Pears</p>	<p>9 Roasted Pork Loin w/ Gravy Roasted Potatoes Italian Green Beans WW Roll</p>	<p>10 Pub Burger w/ Cheese Cucumber Salad Potato Wedges Mixed Fruit WW Roll</p>
<p>13 Swedish Meatballs Parmesan Rice Broccoli WW Roll Sliced Peaches</p>	<p>14 Greek-Style Chicken Thigh Roasted Potatoes Zucchini w/ Mixed Vegetables Pita</p>	<p>15 Stuffed Shell w/ Meatball Tossed Salad WW Roll - Pineapple Chunks</p>	<p>16 Pot Roast w/ Gravy Mashed Sweet Potatoes Buttered Corn WW Roll</p>	<p>17 Shepards Pie Mashed potato WW Roll Watermelon</p>
<p>20 Closed Martin Luther King, Jr. Day</p>	<p>21 Sloppy Joe Potatoes O'Brien 3 - Bean Salad WW Roll Fresh Melon</p>	<p>22 Chicken Fajita with Pepper & Onion Spanish Rice Mexican Corn WW Roll Tropical Fruit</p>	<p>23 Meatloaf w/ Gravy Mashed Potatoes Peas & Onions WW Roll</p>	<p>24 Meatball Sandwich Broccoli Salad WW Roll Sliced Peaches</p>
<p>27 Lasagna Roll Up w/ Meat Sauce Wax Beans WW Roll Sliced Peaches</p>	<p>28 Tomato Soup Roasted Chicken Roasted Potatoes Peas & Carrots WW Roll</p>	<p>29 Pork Roast w/ Gravy Parsley Potatoes Mixed Vegetables WW Roll Mixed Fruit</p>	<p>30 Salisbury Steak w/ Gravy Rice Pilaf Green Beans WW Roll</p>	<p>31 Chicken Parm Roasted Vegetables Pasta Salad WW Roll Pineapple Chunks</p>