

# February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Rice Pilaf Steamed broccoli WW Roll Sliced Peaches	4 BBQ Beef Mashed Sweet Potato Buttered Corn WW Roll	5 Swedish Meatballs Mashed Potatoes Green Beans WW Roll Tropical Fruit	6 Honey-Glazed Pork Loin Fiesta Rice Brussel Sprouts WW Roll	7 Chicken Marsala Potato Wedges Mixed Vegetables WW Roll Pineapple Chunks
10 Sloppy Joe Roasted Potatoes Cole Slaw WW Roll	11 Pepper Steak w/ Gravy Peas Steamed White Rice WW Roll Fresh Melon	12 Breaded Chicken Breast w/ Gravy Sweet Potatoes Roasted Zucchini WW Roll Sliced Pears	13 Caprese Chicken Roasted potatoes Italian Green Beans WW Roll	14 Shepards Pie Mashed Potato Mixed Fruit WW Roll
17 <b>Closed            Presidents' Day</b>	18 Greek-style Chicken Thigh Roasted potatoes Zucchini w/ Mixed Vegetables Pita	19 Pork Roast w/ Gravy Rice Pilaf Peas & Carrots WW Roll - Pineapple Chunks	20 Open Turkey Sandwich w/Gravy Stuffing Butternut squash WW Roll	21 Veal Parmesan Florentine Rice Italian Mixed Vegetables WW Roll Watermelon
24 Grilled Chicken Spanish Rice Roasted Carrots WW Roll Sliced Pears	25 Baked Rigatoni w/Meatballs & Sausage Italian Roasted Vegetables WW Roll	26 Mongolian Pork White Rice Broccoli WW Roll Tropical Fruit	27 Meatloaf w/ Gravy Mashed Potatoes Peas & Onions WW Roll	28 Meatball Sandwich Cole Slaw Sweet Potato WW Roll Sliced Peaches
		<b>8 oz. milk served daily with lunch</b>		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>