

# March 2025

## SERVING SIZES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Coq Au Vin Mashed Potatoes Green Beans WW Roll	4 Pasta & Meatballs Roasted Vegetables WW Roll Sliced Peaches	5 Roasted Chicken Thighs Rice Pilaf Sweet Corn WW Roll	6 Roasted Pork Loin Fiesta Rice Sliced Carrots WW Roll Fresh Melon	7 Baked Fish Florentine Rice Mixed Vegetables WW Roll Fruit Cocktail
10 BBQ Chicken Potato Salad Mixed Vegetables WW Roll	11 Pepper Steak w/ Gravy Roasted Carrots & Broccoli Steamed White Rice WW Roll Fresh Melon	12 Pork Roast Sweet Potatoes Peas & Onion WW Roll Sliced Pears	13 Corned Beef Cabbage & Carrots Boiled Potato Soda Bread	14 Fish Sandwich Cole Slaw Potato Wedges Mixed Fruit WW Roll
17 Shepards Pie Mashed Potato WW Roll Sliced Peaches	18 Greek Style Chicken Thigh Roasted Potatoes Zucchini w/ Mixed Vegetables Pita	19 Stuffed Shell w/ Meatball Tossed Salad WW Roll - Pineapple Chunks	20 Pot Roast w/ Gravy Mashed Sweet Potatoes Buttered Corn WW Roll	21 Baked Fish Rice Pilaf Green Beans WW Roll Watermelon
24 Chicken Francese Roasted Vegetables w/Potatoes Garlic Bread Watermelon	25 Manicotti w/Meat Sauce Green Beans w/Peppers & Onions WW Roll Fresh Melon	26 Slow Roasted Pork Shoulder Roasted Sweet Potatoes Buttered Corn WW Roll	27 Beef Tips w/ Mushroom Gravy Mashed Potatoes Peas & Onions WW Roll	28 Fish & Chips Cole Slaw WW Roll Sliced Peaches
31 Lasagna Roll-Up w/Meat Sauce Wax Beans 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>