

SERVING SIZES

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

June 2025

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

2 Marry Me Chicken Mashed Potatoes Butternut Squash Fresh Fruit	3 Roasted Chicken Thighs Mixed Vegetables Rice Pilaf	4 Beef Stroganoff Mashed Sweet Potatoes Green Beans	5 Stuffed Pork Chop Rice Pilaf Roasted Baby Carrots Sliced Peaches	6 Meatball Sandwich Pasta Salad with Vegetables Watermelon
9 Chicken Diane Rice Florentine Green Beans	10 Sloppy Joe Ww Roll Cole Slaw Fresh Melon	11 Roasted Pork Loin with Gravy Rice Pilaf Peas & Onion Sliced Pears	12 Pot Roast with Gravy Mashed Potatoes Roasted Zucchini & Tomatoes	13 Grilled Chicken Spanish Rice Mixed Vegetables Mixed Fruit
16 Pub Burger with Cheese Potato Wedges Greek Cucumber Salad Fruit Cocktail	17 Chicken Parm Italian Potato Salad w/ Vegetables	18 Pork Shoulder Roast with Gravy Rice Pilaf Peas & Carrots Watermelon	19 Closed	20 Cheesy Baked Pasta with Sausage Roasted Zucchini Ww Garlic Roll
23 Chicken Marsala Potato Wedges Mixed Vegetables Watermelon	24 Escarole & Bean soup Stuffed Shells with Meatball Roasted zucchini with Carrot & Tomato Sliced Pears	25 Mediterranean Chicken Potatoes Mushrooms & Tomatoes	26 Beef Tips with Mushroom Gravy Mashed Potatoes Baby Carrots	27 BBQ Pulled Pork Baked Beans Potato Salad Peaches
30 Pork Chop Italiano Roasted Potatoes Mixed Green & Wax Bean Salad	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</i> <i>US Administration on Aging</i> <i>and the Rhode Island Office</i> <i>of Healthy Aging</i>