

SERVING SIZES

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

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>8 oz. milk served daily with* lunch</p>		<p>1 Fresh Fruit Scrambled Eggs Home Fries Bacon & Sausage Chef Salad</p>	<p>2 Italian Beef Sandwich Roasted Mixed Vegetables Chips Watermelon</p>
<p>5 Chicken Diane Rice Florentine Green Beans WW Roll</p>	<p>6 Swiss Steak Mashed Potatoes Baby Carrots Ww Roll Fresh Melon</p>	<p>7 Pork Chop Italiano Rice Pilaf Peas & Onion WW Roll Sliced Pears</p>	<p>8 Stuffed Meatloaf Mixed Vegetables Roasted Potatoes WW Roll</p>	<p>9 Pub Burger Cole Slaw Potato Wedges Mixed Fruit WW Roll</p>
<p>12 Shepards Pie Mashed Potato WW Roll Sliced Peaches</p>	<p>13 Grilled Chicken Spanish Rice Capri Vegetable Blend WW Roll</p>	<p>14 Pork Shoulder Roast w/ Gravy Rice Pilaf Green Beans WW Roll Watermelon</p>	<p>15 Open Turkey Sandwich Mashed Sweet Potatoes Stuffing WW Bread</p>	<p>16 Cheesy Baked Pasta w/Sausage Roasted Zucchini Ww Garlic Roll Pineapple Chunks</p>
<p>19 Meatball & Pepper Sandwich Potato Wedges Cole Slaw Watermelon</p>	<p>20 Creamy Tuscan Chicken Thighs Mixed Vegetables Rice Pilaf WW Roll</p>	<p>21 Honey Garlic Pork Tenderloin Mushroom Rice Pilaf Buttered Corn WW Roll</p>	<p>22 Beef Tips w/Mushroom Gravy Mashed Potatoes Baby Carrots WW Roll</p>	<p>23 Chicken Marsala Roasted Potatoes Brussel Sprouts WW Roll - Peaches</p>
<p>26 Sloppy Joe Roasted Vegetable Salad WW Roll Sliced Pears</p>	<p>27 BBQ Chicken Roasted Potatoes Green Beans WW Roll Fresh Fruit</p>	<p>28 Crustless Chicken Pot Pie Mashed Potatoes WW Roll</p>	<p>29 Split Pea Soup Stuffed Pork Chop Rice Pilaf Zucchini w/ Tomatoes WW Roll Fruit Cocktail</p>	<p>30 Fish Sandwich Cole Slaw Sliced Potatoes WW Roll</p>