

SERVING SIZES

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

July 2025

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

<p>Dinner rolls are served with all meals</p> <p>8 OZ MILK SERVED DAILY WITH LUNCH</p>	<p>1 Lasagna Roll up w/Meat Sauce Greek Cucumber Salad Fruit Cocktail</p>	<p>2 Grilled Chicken Spanish Rice Mixed Vegetables Mixed Fruit</p>	<p>3 Pub burger w/ Cheese Pasta Salad w/ Vegetables</p>	<p>4 Closed Happy Fourth of July</p>
<p>7 Chicken Parm Roasted Potatoes Green Beans</p>	<p>8 Shepards Pie Mashed Potatoes Fresh Melon</p>	<p>9 Roasted Pork Loin w/ Gravy Rice Pilaf Peas & Onion Sliced Pears</p>	<p>10 Pot Roast w/ Gravy Mashed Potatoes Roasted Zucchini & Tomatoes</p>	<p>11 Open Turkey Sandwich w/ Gravy Stuffing Green Beans</p>
<p>14 Sloppy Joe w/ WW Roll Cole slaw Mediterranean Potato Salad Fresh Melon</p>	<p>15 Sausage & Pepper Sandwich Broccoli florets Roasted sweet potatoes</p>	<p>16 Pork Shoulder Roast w/ Gravy Rice Pilaf Peas & Carrots Watermelon</p>	<p>17 Meatloaf w/ Gravy Mashed Potato Baby Carrots Peaches</p>	<p>18 Broccoli & Cheese Soup Stuffed Shells Roasted Zucchini w/ Mushrooms</p>
<p>21 Chicken Marsala Potato Wedges Mixed Vegetables</p>	<p>22 Beef w/ Broccoli & Mushrooms Rice Pilaf Roasted Carrots Sliced Pears</p>	<p>23 Mediterranean Chicken Potatoes Mushrooms & Tomatoes</p>	<p>24 Baked Ham w/ Gravy Spanish Rice Green Beans</p>	<p>25 BBQ Pulled Pork Baked Beans Potato Salad Peaches</p>
<p>28 Pork Chop Italiano Roasted Potatoes Mixed Green & Wax Bean Salad</p>	<p>29 Roasted Chicken Thighs Rice Pilaf Roasted Baby Carrots Sliced Peaches</p>	<p>30 Chicken Cacciatore Sweet Potatoes Mixed Vegetables</p>	<p>31 Balsamic Pork Loin Roasted Potatoes Broccoli Florets Fresh Lemon</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>