

**SERVING SIZES**

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

# August 2025

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

<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	<p>All meals are served with a dinner roll</p>	<p>8 oz milk served daily with lunch</p>		<p>1 Braised Beef Brisket Roasted Potato w/ Vegetables Tomato Salad Pineapple Chunks</p>
<p>4 Meatball Sandwich Roasted Zucchini &amp; Carrot</p>	<p>5 Sloppy Joe Roasted Potatoes Cucumber Salad Sliced Peaches</p>	<p>6 Roasted Pork Loin w/ Gravy Rice Pilaf Peas &amp; Onion Sliced Pears</p>	<p>7 Pot Roast w/ Gravy Mashed Potatoes Green Beans</p>	<p>8 Goulash Cucumber Salad Garlic Roll Sliced Apples</p>
<p>11 <b>Closed</b> <b>VJ Day</b></p>	<p>12 Creamy Tuscan Chicken Broccoli Florets Roasted Sweet Potatoes</p>	<p>13 Pork Shoulder Roast w/ Gravy Rice Pilaf Peas &amp; Carrots Watermelon</p>	<p>14 Meatloaf w/ Gravy Mashed Potatoes Baby Carrots Peaches</p>	<p>15 Pub Burger w/ Cheese Baked Beans Cole Slaw / Chips Watermelon</p>
<p>18 Cider-glazed Chicken Thighs Potato Wedges Mixed Vegetables Watermelon</p>	<p>19 Pepper Steak Rice Pilaf Roasted Carrots Sliced Pears</p>	<p>20 Creamy Feta &amp; Tomato Chicken Potatoes Mushrooms &amp; Tomatoes</p>	<p>21 Sliced turkey w/ Gravy Sweet potatoes Green beans</p>	<p>22 Shepards pie Mashed potatoes Peaches</p>
<p>25 Fried Chicken Roasted Potatoes Green Bean Salad</p>	<p>26 Smothered Pork w/ Gravy Mashed Potatoes Broccoli Sliced Peaches</p>	<p>27 Baked chicken topped w/ Eggplant Bolognese Mediterranean rice</p>	<p>28 Salisbury Steak Mashed potatoes Buttered corn Fresh melon</p>	<p>29 Chicken Soup Grilled Chicken Spanish Rice Mixed vegetables Mixed fruit</p>