

SERVING SIZES

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

September 2025

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

1 Closed Labor Day	2 Beef Tips w/ Mushroom Gravy Mashed Potatoes Green Beans	3 Creamy Dijon Chicken Rice pilaf Mixed vegetables Sliced peaches	4 Roasted Pork Loin Sweet Potatoes Cauliflower Broccoli Salad	5 Meatball & Pepper Sandwich Roasted Vegetables Herb-Roasted Potato Salad Sliced Watermelon
8 Chicken Marsala Roasted Zucchini & Carrot Lemon Rice	9 Sloppy Joe Roasted Potatoes Cucumber Salad Sliced Peaches	10 Chicken & Broccoli Vegetable Fried Rice Peas & Onion Sliced Pears	11 Open Turkey Sandwich Mashed Potatoes Green Beans	12 Lasagna Roll-Up w /Meat Sauce Cucumber Salad Garlic Roll Sliced Apples
15 Shepherd's Pie (Peas, Carrots, Corn) Mashed Potatoes	16 Creamy Garlic Pork Chop Broccoli Florets Roasted Sweet Potatoes Mixed Fruit	17 Chicken Parm Roasted Potatoes Green Beans Watermelon	18 Texas Pulled Pork Sandwich Cole Slaw Roasted Vegetables	19 Pub Burger w/ Cheese Baked Beans Cole Slaw Watermelon
22 Chicken Cordon Bleu Potato Wedges Mixed Vegetables Watermelon	23 Stuffed Shell w/Meat Sauce Roasted Potato Zucchini w/ Carrots Sliced Pears	24 Oven-Roasted Chicken Sweet Potatoes Sweet Corn	25 Pepper Steak Mashed Potatoes Green Beans	26 Baked Pasta w/Meatballs & Sausage Roasted Vegetables Peaches
29 Sausage & Pepper Sandwich Roasted Potatoes 3 – Bean Salad	30 Smothered Pork w/ Gravy Mashed Potatoes Broccoli Sliced Peaches	All meals are served with a dinner roll 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 US Administration on Aging and the Rhode Island Office of Healthy Aging</i>