

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

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tandoori Chicken Golden Rice Pilaf w/ Fruit Green Beans	4 Shepards Pie (Peas, Carrots, Corn) Mashed Potatoes Watermelon	5 Baked Chicken topped w/ Eggplant Bolognese Spanish Rice Sliced Peaches	6 Roasted Pork Loin Sweet Potatoes Cauliflower & Broccoli Fruit Cocktail	7 Sloppy Joe Sandwich Roasted Potatoes Cucumber Salad
10 Creamy Dijon Chicken Roasted Zucchini, Carrot & Potato	11 Closed Veterans Day	12 Slow-roasted Pork & Peppers Vegetable Fried Rice Sliced Carrots Sliced Pears	13 Pot Roast w /Gravy Peas & Onions Mashed Potatoes	14 Chicken Cacciatore Roasted Potatoes Garlic Roll
17 Lasagna roll up w/ Meat Sauce Roasted Sweet Potatoes Mixed Vegetables Tropical Fruit	18 Meatball Sandwich Broccoli Florets Rice Pilaf Sliced Peaches	19 Chicken Parm Roasted Potatoes Green Beans	20 Roasted Turkey w/ Gravy Stuffing /Cranberry Sauce Vegetables Mashed Potatoes	21 Pub Burger w/ Cheese Cole Slaw Corn Ribs Watermelon
24 Sausage & Pepper Sandwich 3 Bean Salad Watermelon	25 Oven-roasted Chicken Roasted Potato Zucchini w/ Carrots Sliced Pears	26 Sauteed Beef w/ Gravy Sweet Potatoes Sweet Corn	27 Closed Thanksgiving	28 Closed Thanksgiving
Rolls are served with all meals	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>