

**SERVING SIZES**

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

# March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken French Stew Mashed Potatoes Green Beans Sliced Peaches	3 Manicotti w/ Meat Sauce Greek Cucumber Salad Garlic Bread Sliced Pears	4 Mediterranean Chicken Potatoes Mushrooms & Tomatoes Sliced Melon	5 Sweet & Sour Pork Tenderloin Broccoli, Bell Peppers & Pineapple White Rice w/ Green Onions	6 Lemon Pepper Baked Fish Cole Slaw Roasted Potato
9 Greek Style Chicken Thighs Rice Pilaf Roasted Vegetables	10 Stuffed Shell w/ Meatball Green Beans Roasted Potatoes Sliced Pears	11 Sausage & Pepper Sandwich Veggie Crunch (Cum.Tom.kale. Spinach, Onion, Celery Mixed Fruit	12 Corn Beef Cabbage & Carrots Boiled Potatoes Soda Bread	13 Baked Fish Sandwich 3 Bean Salad Chips Sliced Apples
16 Chicken ala King (mixed veg) White Rice Sliced Melon	17 Sloppy Joe Roasted Vegetables Roasted Sweet Potatoes	18 Honey Glazed Pork Roast Roasted Potatoes Green Beans Watermelon	19 Open Turkey Sandwich w/Gravy Mashed Sweet Potatoes Roasted Carrots	20 Baked Fish Roasted Zucchini Mix Rice Pilaf Peaches
23 Baked Pasta w/Sausage & Meatballs & Cheese Tossed Salad	24 Pepper Steak w/ Gravy Mashed Potatoes Roasted Vegetables Sliced Peaches	25 Chicken Scallopini Rice Pilaf Mixed vegetables Fruit Cocktail	26 Meatloaf w/ Gravy Mashed Potatoes Buttered Corn	27 Baked Fish Sandwich Cole Slaw Roasted Sweet Potatoes Sliced Pears
30 Swedish Meatballs Mashed Potatoes Broccoli Florets Sliced Melon	31 Oven Roasted Chicken Rice Pilaf Roasted Vegetables Tropical Fruit	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>