

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

# April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are served with a roll	8 oz. milk served daily with lunch	1 Spanish Beef Rice Pilaf Corn w/ Diced Tomato Sliced Melon	2 Baked Ham w/ Raisin Sauce Green Bean Almondine Sweet Potatoes	3 Potato Crusted Baked Fish Broccoli & Tortellini Salad Sweet Peas
6 Chicken Parm Roasted Potatoes Roasted Vegetables Sliced Peaches	7 Lasagna Roll-up w/ Meat Sauce Roasted Zucchini and Tomatoes	8 Sloppy Joe Cole Slaw Mixed Vegetables Mixed Fruit	9 Pork Roast w/ Gravy Mashed Potatoes Roasted Vegetables	10 Pub Burger w/ Cheese 3 Bean Salad Pasta Salad Sliced Apples
13 Chicken French stew Mashed Potatoes Green Beans Sliced Peaches	14 Meatball Sandwich Roasted Vegetables Roasted Sweet Potatoes	15 Baked Chicken Topped w/ Eggplant Bolognese Mediterranean Rice Watermelon	16 Pork Loin w/Tom, Peppers Onion Mashed Sweet Potatoes Roasted Carrots	17 Chicken Cacciatore Roasted Zucchini Mix Rice Pilaf Peaches
20 Chicken Marsala Rice Pilaf Mixed Vegetables Fruit Cocktail	21 Swedish Meatballs Mashed Potatoes Wax Beans	22 Pepper Steak w/ Gravy White Rice w/Green Onions Roasted Vegetables Sliced Peaches	23 Stuffed meatloaf w/ Gravy Mashed Potatoes Buttered Corn	24 Baked Pasta w/ Meatballs & Sausage Roasted Vegetables Sliced Pears
27 Sausage & Peppers Sandwich 3-Bean Salad Pasta Salad Sliced Melon	28 Oven-Roasted Chicken Rice Pilaf Roasted Vegetables Tropical Fruit	29 Pork Chops w/ Mushroom Sauce Roasted Rosemary Root Vegetables w/Potatoes	30 Sautéed Beef w/ Gravy Creamy Parmesan Rice Baby Carrots w/ Honey Herb	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>