

June 2026

SERVING SIZES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shepards Pie Mashed Potatoes Mixed Vegetables	2 Chicken Fajita w/ Peppers & Onions Spanish Rice/ Sour Cream Tortilla Fresh Fruit	3 Sloppy Joe Potato Wedges Green Beans	4 Tomato Soup Roasted Turkey w/ Gravy Bread Stuffing Mixed Vegetables	5 Baked Fish Cole Slaw Parsley Potatoes Peaches
8 Chicken Marsala Rice Pilaf Roasted Root Vegetables Tropical Fruit	9 Pub Burger w/ Cheese Sliced Potatoes Cole Slaw	10 Greek Chicken Thighs Sliced Carrots Lemon Roasted Potatoes Mixed Fruit	11 Pork Roast w/ Gravy Mixed Vegetables Sweet Potatoes	12 Meatball & Pepper Sandwich 3 Bean Salad Pasta Salad Sliced Apples
15 French onion chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches	16 Swedish Meatballs Italian Vegetables Mashed Potatoes	17 Sausage & Pepper Sandwich Pasta Salad Green Beans Tropical Fruit	18 Roast Beef w/ Mushroom Gravy Carrots w/ Broccoli Baked Potato	19 Closed
22 Lasagna Roll-up w/ Meat Sauce California Blend Vegetables Garlic Bread Fruit Cocktail	23 Roasted Pork Loin Dirty Rice Peas & Carrots Sliced Peaches	24 Lemon Chicken Potatoes O'Brien Mixed Vegetables Sliced Pears	25 Meatloaf w/ Gravy Mashed Potatoes Buttered Corn	26 BBQ Chicken Sandwich 3 Bean Salad Mixed Fruit
29 Chicken Cacciatore Roasted Potato Italian Green Beans Fresh Fruit	30 Baked Pasta w/Sausage & Meatballs Greek Cucumber Salad Tropical Fruit	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>