

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

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are served with a roll</p> <p>8 oz. Milk Served Daily with Lunch</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>			<p>1 Fresh Fruit Salad Cheese Omelet Baked Beans Home Fries Bacon</p>
<p>4 Marry Me Chicken/w Pasta Broccoli & Cauliflower Mix Garlic Bread Watermelon</p>	<p>5 Sloppy Joe Potato Wedges Green Beans</p>	<p>6 Oven roasted Chicken Italian Rice Roasted Root Vegetables Mixed Fruit</p>	<p>7 Baked Ham w/ Raisin Sauce Mixed Vegetables Sweet Potatoes</p>	<p>8 Meatball Sandwich 3 Bean Salad Pasta Salad Sliced Apples</p>
<p>11 Sweet Mashed Potatoes Roasted Zucchini w/Tomatoes Sliced Peaches</p>	<p>12 Stuffed Shell w/Meatball Italian Vegetables Garlic Bread</p>	<p>13 Roast Beef w/ Gravy Roasted Potato Peas & Onions Tropical Fruit</p>	<p>14 Balsamic Pork Chop Roasted Carrot w/ Broccoli Barley w/ Mushrooms</p>	<p>15 French Onion Chicken Roasted Potatoes Mixed Vegetables Sliced Peaches</p>
<p>18 Swedish Meatballs Rice Pilaf Mixed Vegetables Fruit Cocktail</p>	<p>19 Baked Pasta w/ Meatballs & Sausage Roasted Vegetables Sliced Pears</p>	<p>20 Chicken Parm Roasted Potatoes Peas & Carrots Sliced Peaches</p>	<p>21 Pork roast w/ Gravy Mashed Potatoes Buttered Corn</p>	<p>22 BBQ Chicken Sandwich 3 Bean Salad Rice Pilaf Mixed Fruit</p>
<p>25 Closed</p>	<p>26 Sausage & Peppers w/ Roll Greek Cucumber Salad Tropical Fruit</p>	<p>27 Pork Chops w/ Mushroom Sauce Pot Roast w/ Gravy Roasted Rosemary Root Vegetables Mashed Potatoes</p>	<p>28 Pot Roast w/ Gravy Mashed Potatoes Baby Carrots with Honey Herb Butter</p>	<p>29 Baked Chicken Topped w/ Eggplant Bolognese Cucumber salad w/ Chickpeas Watermelon</p>