

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

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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></p>	<p>Rolls are served with all meals</p> <p>8 OZ. MILK SERVED DAILY WITH LUNCH</p>	<p>1 Orange Chicken Fried Rice Green Beans</p>	<p>2 Fresh Fruit Cup Pub Burger w/ Cheese Hot Dog Baked Beans Cole Slaw</p>	<p>3</p> <p>* Onkore Catering is closed Each center will provide meals</p>
<p>6</p> <p>CENTER CLOSED 4TH OF JULY HOLIDAY</p>	<p>7 Stuffed Shell w/ Meatball California Vegetables</p>	<p>8 Swedish Meatballs Buttered Corn Mashed Potatoes</p>	<p>9 Pork Roast w/ Peppers & Onions Mixed Vegetables Sweet Potatoes</p>	<p>10 Honey-glazed Chicken Rice Pilaf Peas & Carrots Sliced Apples</p>
<p>13 Chicken Piccata Lemon Herb Rice Pilaf Roasted Zucchini w/ Tomatoes Sliced Peaches</p>	<p>14 Sloppy Joe Italian Vegetables Roasted Potatoes</p>	<p>15 Sausage & Pepper Sandwich 3- Bean Salad Sliced Pears</p>	<p>16 Stuffed Meatloaf Mashed Potatoes Mixed Vegetables Sliced Pears</p>	<p>17 Baked Fish Rice Pilaf Cole Slaw Watermelon</p>
<p>18 Lasagna Roll-up w/Meat Sauce Italian Vegetables Fruit Cocktail</p>	<p>19 Chicken Marsala Garlic Rice Roasted Zucchini Sliced Peaches</p>	<p>20 Balsamic Pork Loin Green Bean Salad Sweet Potatoes Tropical Fruit</p>	<p>21 Salisbury Steak/w gravy Mashed Potatoes Buttered Corn</p>	<p>22 Baked Pasta w/Sausage & Meatballs Greek Cucumber Salad Tropical Fruit</p>
<p>27 Chicken Cacciatore Roasted Potatoes Italian Green Beans Fresh Fruit</p>	<p>28 Beef Stew Fresh Melon Corn Bread Tropical Fruit</p>	<p>29 Moroccan Chicken Jasmine Rice Roasted Zucchini</p>	<p>30 Pork Chop Italiano Roasted Sweet Potatoes Peas & Onions</p>	<p>31 Hot Turkey Sandwich Mashed Potatoes Buttered Corn Watermelon</p>

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