

SERVING SIZES

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

August 2026

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

3 Roasted Chicken w/ Gravy Rice Pilaf Green Beans Watermelon	4 Shepards Pie Mashed Potatoes Sliced Pears	5 Baked Fish Sliced Carrots Rice Pilaf w/ Mushrooms	6 Meatloaf w/Gravy Sweet Potatoes Sweet Peas Sliced Peaches	7 Chicken Parmesan Italian Vegetables Roasted Potatoes
10 Catering is Closed Lunch will be provided by Center	11 Tuscan Chicken Cauliflower Mashed Potatoes Mixed Vegetables	12 Pork Tenderloin w/ Gravy Buttered Corn Mashed Potatoes	13 Chicken Marsala Roasted Potatoes California Blend Vegetables Tropical Fruit	14 Pub Burger w/Cheese Cole Slaw Fresh Mixed Fruit
17 Chicken Piccata Lemon Herb Rice Pilaf Roasted Zucchini w /Tomatoes Sliced Peaches	18 Meatball & Pepper Sandwich Italian Vegetables Roasted Potatoes	19 Creamy Pork Chops Cilantro Lime Rice Summer Vegetables Sliced Pears	20 Pot Roast w/ Gravy Italian Style Zucchini Sweet Potatoes	21 Cider-glazed Chicken Thighs Rice Pilaf Coleslaw Watermelon
24 Baked Pasta w/Sausage & Meatballs Broccoli, zucchini, Carrots Fruit Cocktail	25 Sausage & pepper sandwich Roasted zucchini Chips Sliced peaches	26 Lemon Chicken and Artichokes White Rice Baby Carrots	27 Pork Chop w/ Apples Mashed Potatoes Buttered Corn	28 Chicken w/Fennel & Peppers Greek Cucumber Salad Rice Pilaf TropicalFruit
31 Chicken Cacciatore Roasted Potato Italian Green Beans Fresh Fruit	8 OZ. Milk Served Daily w/ 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>		