

SERVING SIZES

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

September 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8 oz. Milk Served Daily w/ Lunch	1 Classic Texas Chili Riced Cauliflower Corn Bread	2 Roasted Chicken w/ Gravy Green Beans Mashed Potatoes Fresh Melon	3 Creamy Garlic Pork Chop Rice Pilaf Sweet Peas & Carrots	4 Baked Fish Italian Vegetables Roasted Sweet Potatoes
7 CLOSED Labor Day	8 Mediterranean Chicken Sautéed Greek vegetables Lemon Potatoes	9 Swedish Meatballs Buttered Corn Mashed Potatoes Mixed Fruit	10 Roasted Pork Loin w/ gravy Cauliflower mashed potatoes Green Beans	11 Sausage & Pepper Sandwich 3 Bean Salad Potato Wedges Sliced Peaches
14 Shepards Pie Mashed Potatoes Fresh Melon	15 Spanish chicken Rice n Beans Sliced Carrots	16 Baked Pasta w/ Sausage & Mini Meatballs Summer Vegetables Sliced Pears	17 Beef Tips w/ Gravy Italian style Zucchini Sweet Potatoes	18 Roasted Chicken Thighs w/gravy Rice Pilaf Mixed Vegetables Watermelon
21 Honey Dijon Chicken Sweet Potatoes Prince Edward Vegetables Tropical Fruit	22 Pepper Steak Broccoli Cauliflower Mix Mashed Potato Sliced Peaches	23 Hawaiian Pineapple Pork White Rice Baby Carrots	24 Roasted Turkey w/ Gravy Stuffing Buttered Corn	25 Pub Burger w/ Cheese Greek Cucumber Salad Chips Fresh fruit
28 Sloppy Joe Roasted Potato Italian Green Beans Fresh Fruit	29 Lemon Chicken w/Artichokes Mixed Vegetables Rice Pilaf	30 Apple Cider Pork Roast Sweet Potatoes Stewed Tomatoes Fruit Cocktail	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>	