

SERVING SIZES

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

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>	8 oz. milk served daily with lunch		1 Meatloaf w/ Gravy Mashed Potatoes Honey Glazed Carrots	2 Chicken Cacciatore Italian Vegetables Cauliflower Rice Sliced Pears
5 Shepards Pie Mashed Potatoes	6 Mediterranean Chicken Sautéed Greek Vegetables Lemon Potatoes Tropical Fruit	7 Italian Pork Chop w/ Peppers & Green & Yellow Squash Brown Rice Pilaf Sliced Cantaloupe	8 Beef Bourguignon Stewed Beef) Cauliflower Mashed Potatoes Green Beans	9 Creamy Tuscan Chicken Brussels Sprouts Roasted Sweet Potatoes Sliced Pears
12 CLOSED	13 Sausage & Pepper Sandwich 3 Bean Salad Cauliflower “Potato” Salad	14 Marry Me Chicken Mashed Potatoes Roasted Green Vegetables Sliced Pears	15 Salisbury Steak w/ Gravy Italian Style Zucchini Sweet Potatoes	16 Fish Tacos Rice Pilaf Cole Slaw Watermelon
19 Sloppy Joe Sweet Potatoes Prince Edward Vegetables Tropical Fruit	20 Lemon Chicken w/Artichokes Broccoli Cauliflower Mix Rice Pilaf Sliced Peaches	21 Pork Chops Bok Choy Baby Carrots	22 Pot Roast w/ Gravy Mashed Potatoes Buttered Corn	23 Pub Burger w/ Cheese Greek Cucumber Salad Chips Fresh fruit
26 Roasted Chicken w/ Gravy Roasted Potatoes Italian Green Beans Fresh Fruit	27 Meatball Sandwich Carrot Sticks w/ Green Beans Chips	28 Baked Pasta w/ Mini Meatballs & Sausage Roasted Vegetables Fruit Cocktail	29 Pork Tenderloin w/ Honey Garlic Rice Pilaf Mashed Cauliflower	30 Moroccan Chicken Roasted Broccoli w/ Cheese Sweet Potato Fruit Cocktail