

October 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of 28 Vegetable soup Cassoulet	Dinner rolls are served with all meals 	1 #1 Irish Vegetable soup Beef Bourguignon Mashed potatoes Roasted vegetables Sliced peaches #2 Tuna salad Plate	2 #1 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake #2 Turkey sandwich on rye	3 #1 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Lorna doone cookie #2 Cobb salad
6 #1 Vegetable soup Stuffed shell w/meat sauce Roasted zucchini, carrot & Potato Chocolate chip cookie #2 Chicken salad on rye	7 #1 Tomato soup Chicken cordon bleu Roasted sweet potatoes Mixed vegetables Tropical fruit \$2 Tossed salad w/ chicken	8 #1 Cabbage roll soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears #2 Seafood salad sandwich	9 #1 Chicken soup Meatloaf w/ gravy Cucumber salad Mashed potatoes Cake #2 Ham & cheese on wheat	10 #1 Mushroom barley soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples #2 Chef salad
13 CLOSED IN OBSERVANCE OF COLUMBUS DAY	14 #1 Escarole & bean soup Meatball sandwich Broccoli florets Roasted sweet potatoes Mixed fruit #2 Egg salad on rye	15 #1 Cream of broccoli soup Chicken Parm Roasted potatoes Green beans Watermelon #2 Tuna salad plate	16 #1 Meatball soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake #2 Greek salad w/chicken	17 #1 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon #2 Chicken salad on wheat
20 #1 Kale & bean soup Shepards Pie (carrots corn Peas) Mashed potatoes Watermelon #2 Roast beef on roll	21 #1 Minestrone soup Sautéed beef w/mushroom gravy Roasted potato Zucchini w/ carrots Sliced pears #2 Chef salad	22 #1 Quinoa vegetable soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie #2 Seafood salad sandwich	23 #1 Tomato cauliflower soup Baked ham w/ raisin sauce Mashed potatoes Green beans, Cake #2 Turkey & cheese on wheat	24 #1 Lentil vegetable soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches #2 Cobb salad
27 #1 Chicken soup Lasagna roll up w/ meat sauce Roasted potatoes Zucchini salad Chocolate cake #2 Turkey sandwich on wheat	28 PIZZA	29 #1 Tomato soup Sausage & pepper sandwich 3-bean salad Chips Fruit cocktail #2 Tuna salad plate	30 #1 Navy bean soup Pot roast w/gravy Mashed sweet potatoes Sweet corn Fig newton #2 Chef salad	31 #1 Vegetable lentil soup Grilled chicken Mediterranean chickpea salad Lemon herb rice pilaf Watermelon #2 Ham salad on wheat

WELCOME!

Our suggested donation is \$3.00 per meal.
Lunch is served At 12:00 pm

The menu is subject to change without notice.

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Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup