

# SERVING SIZES

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

# January 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>	Rolls are served with all meals		<p>1 <b>Closed</b></p>	<p>2 Mediterranean lentil soup Sloppy joe Cole slaw Roasted potato Cake Ham &amp; cheese on wheat</p>
<p>5 Escarole &amp; bean soup Chicken marsala Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye</p>	<p>6 Minestrone soup Stuffed shell w/meat sauce Green beans Sliced pears Seafood salad plate</p>	<p>7 Chicken soup Creamy Dijon chicken Mixed vegetables Spanish rice Sliced peaches Turkey sandwich on wheat</p>	<p>8 Tomato soup Stuffed meatloaf w/gravy Cream corn Mashed potatoes Cake Cobb salad</p>	<p>9 Broccoli &amp; cheese soup Chicken cacciatore Rice pilaf Peas &amp; carrots Sliced apples Chef salad</p>
<p>12 Chicken barley soup Baked pasta w/meatballs &amp; sausage Roasted vegetables Tropical fruit Tossed salad w/ chicken</p>	<p>13 <b>Pizza Day</b></p>	<p>14 Meatball soup Oven roasted chicken Roasted potatoes Green beans Yellow cake Tuna salad plate</p>	<p>15 Mushroom barley soup Honey glazed pork roast Mashed sweet potatoes Roasted carrots Sliced melon Chef salad</p>	<p>16 Navy bean soup Chicken parm Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich</p>
<p>19 <b>Closed</b></p>	<p>20 Vegetable barley soup Lemon pepper chicken Mexican rice Capri vegetables Sliced pears Turkey sandwich</p>	<p>21 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder</p>	<p>22 Kale &amp; chickpea soup Pot roast w /gravy Roasted potatoes Balsamic glazed carrots Chocolate chip cookie Greek salad w/ chicken</p>	<p>23 Tomato soup Pub burger w/ cheese Cole slaw Chips Cake Tuna salad on rye</p>
<p>26 Vegetable soup Chicken a la king w/ Mixed vegetables Steamed rice Lorna Doone cookie Chicken salad on wheat</p>	<p>27 Chicken noddle soup Ground beef stir fry w/ Vegetables Vegetable fried rice Sliced fruit Tossed salad w/ chicken</p>	<p>28 Minestrone soup Pork chop Italiano Roasted potatoes Zucchini mix Mixed fruit Cobb salad</p>	<p>29 Carrot soup Open turkey sandwich Butternut squash Stuffing Cake Roast beef on roll</p>	<p>30 Pasta &amp; bean soup Sausage &amp; pepper sandwich Roasted potatoes Cole slaw Watermelon Turkey &amp; bacon sandwich</p>