

August 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 #1 Chicken noodle soup Roasted chicken w/gravy Rice pilaf Green beans Watermelon #2 Roast beef sandwich	4 #1 Vegetable soup Shepards pie Mashed potatoes Sliced pears #2 Tuna salad on rye	5 #1 Creamy potato soup Baked fish Sliced carrots Rice pilaf w/mushrooms Chocolate Chip cookie #2 Chicken salad plate	6 #1 Broccoli Cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches #2 Seafood salad sandwich	7 #1 Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Yellow cake #2 Cobb salad
10 Closed in Observance of Victory Day	11 #1 Tuscan bean soup Tuscan chicken Cauliflower mashed potatoes Mixed vegetables Lorna dune cookies #2 Seafood salad sandwich	12 #1 Minestrone soup Pork tenderloin w/gravy Buttered corn Mashed potatoes Mixed fruit #2 Turkey & bacon on wheat	13 #1 Lentil soup Chicken marsala California blend vegetables Roasted potatoes Tropical fruit #2 Egg salad sandwich	14 #1 Fresh mixed fruit Pub burger w/cheese Hot dog Cole slaw Chips #2 Greek salad
17 #1 Navy bean soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/tomatoes Sliced peaches #2 Corn beef on rye	18 #1 Tomato soup Meatball & pepper sandwich Italian vegetables Roasted potatoes Chocolate cake #2 Greek salad w/chicken	19 #1 Vegetable soup Creamy pork chops Cilantro lime rice Summer vegetables Sliced pears #2 Chicken salad plate	20 #1 Chicken rice soup Pot roast w/gravy Italian style zucchini Sweet potatoes Cake #2 Turkey on rye	21 #1 Clam chowder Cider glazed chicken thighs Rice pilaf Cole slaw Watermelon #2 Italian grinder
24 #1 Mushroom barley soup Baked pasta w/sausage & meatballs Broccoli, zucchini & carrots Fruit cocktail #2 Roast beef sandwich	25 PIZZA	26 #1 Creamy Vegetable soup Lemon chicken and artichokes White rice Baby carrots Cookie #2 Ham salad on wheat	27 #1 Chicken soup Pork chops w/apples Mashed potatoes Buttered corn Cake #2 Greek salad w/chicken	28 #1 Tuscan soup w/vegetables Chicken w/fennel & peppers Greek Cucumber salad Rice pilaf Tropical fruit #2 Turkey & cheese sandwich
31 #1 Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh Fruit #2 Ham salad on rye	Increase calcium & Vitamin D. Calcium & Vitamin D work together to promote optimal bone health. Our bodies can make vitamin D from sunshine. However, some people may have a hard time producing enough vitamin D. Too	Much sun exposure can increase the risk of skin cancer. Foods & beverages are often fortified with this essential nutrient		Funded in part by the US Administration on Aging and The Rhode Island office of Healthy Aging

Our suggested donation is \$3.00 per meal. Lunch is served At Noon The menu is subject to change without notice. All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

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