

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

May 2025

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 Healthy Aging

1
Fresh fruit
Scrambled eggs
Home fries
Bacon & sausage
Assorted muffins
Chef salad

2
Vegetable soup
Italian beef sandwich
Roasted mixed vegetables
Chips
Watermelon
Tuna salad plate

5
Escarole bean & sausage soup
Chicken Diane
Rice Florentine
Green beans
Ww roll
Brownie
Ham & cheese on rye

6
Minestrone soup
Swiss steak
Mashed potatoes
Baby carrots
Ww Roll
Fresh melon
Tossed salad w/ chicken

7
Vegetable lentil soup
Pork chop Italiano
Rice pilaf
Peas & onion
Ww roll
Sliced pears
Seafood salad sandwich

8 Mother's Day Luncheon
Cauliflower tomato soup
Open turkey sandwich
Mashed sweet potatoes
Stuffing
Ww bread
Cake

9
Vegetable barley soup
Pub burger
Cole slaw
Potato wedges
Mixed fruit
Ww roll
Turkey sandwich

12
Tuscan white bean soup
Shepards pie
Mashed potato
Ww roll
Sliced peaches
Chicken salad sandwich

13
Mushroom barley soup
Grilled chicken
Spanish rice
Capri vegetable blend
Ww roll
Brownie
Chef salad

14
Cabbage soup
Pork shoulder roast w/ gravy
Rice pilaf
Green beans
Ww roll
Watermelon
Tuna salad plate

15
Tomato soup
Stuffed meatloaf
Mixed vegetables
Roasted potatoes
Roll
Cookies
Chef salad

16
Chicken soup
Cheesy baked pasta w/sausage
Roasted zucchini
Ww garlic roll
Pineapple chunks
Corned beef on rye

19
Vegetable lentil soup
Meatball & pepper sandwich
Potato wedges
Cole slaw
Watermelon
Roast beef on roll

20
Closed
Town of Glocester
Financial
Referendum

21
Tomato soup
Honey garlic pork tenderloin
Mushroom rice pilaf
Buttered corn
Ww Roll
Brownie
Seafood salad sandwich

22
Vegetable soup
Beef tips w/mushroom gravy
Mashed potatoes
Baby carrots
Cake
Ww roll
Chopped salad w/chicken

23
Chicken escarole soup
Chicken marsala
Roasted potatoes
Brussel sprouts
Ww roll -
Peaches
Tuna salad plate

26


27
Kale & bean soup
BBQ chicken
Roasted potatoes
Green beans
Ww roll
Fresh fruit

28
Meatball soup
Crustless chicken pot pie
Mashed potatoes
Ww roll
Oatmeal cookies
Italian grinder

29
Split pea soup
Stuffed pork chop
Rice pilaf
Zucchini w/ tomatoes
Ww roll/ Fruit cocktail
Tossed salad w/grilled chicken

30
Creamy chicken tomato soup
Fish sandwich
Cole slaw
Sliced potatoes
Ww roll
Cake