

April 2026

SERVING SIZES

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


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>All meals are served with a roll.</p> 	<p>Suggested donation is \$3.00 per meal. Donations help to maintain the meal program.</p>	<p>1 Mushroom barley soup Spanish beef Rice pilaf Corn with diced tomato Sliced melon Turkey & cheese on wheat</p>	<p>2 Tomato rice soup Baked ham with raisin sauce Green bean almondine Sweet potatoes Cup cake Greek salad with chicken</p>	<p>3 The Center closes at noon. No lunch served.</p>
<p>6 Escarole & bean soup Chicken parm Roasted potatoes Roasted vegetables Sliced peaches Ham & cheese on rye</p>	<p>7 Minestrone soup Lasagna roll up with meat sauce Roasted zucchini and tomatoes Cookies Seafood salad plate</p>	<p>8 Chicken soup Sloppy Joe Cole slaw Mixed vegetables Mixed fruit Turkey & bacon on wheat</p>	<p>9 Vegetable lentil soup Pork roast with gravy Mashed potatoes Roasted vegetables Yellow cake Italian grinder</p>	<p>10 Tuscan white bean soup Pub burger with cheese 3 bean salad Pasta salad Sliced apples Egg salad plate</p>
<p>13 Vegetable soup Chicken French stew Mashed potatoes Green beans Sliced peaches Roast beef sandwich</p>	<p>14 Chicken escarole soup Meatball sandwich Roasted vegetables Roasted sweet potatoes Brownie Cobb salad</p>	<p>15 Vegetable barley soup Baked chicken topped with eggplant bolognese Mediterranean rice Watermelon Seafood salad plate</p>	<p>16 Corn chowder Pork loin with tomatoes, peppers and onions Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad</p>	<p>17 Tuscan soup Chicken cacciatore Roasted zucchini mix Rice pilaf Peaches Tuna salad plate</p>
<p>20 Minestrone soup Chicken marsala Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye</p>	<p>21 Vegetable barley soup Swedish meatballs Mashed potatoes Wax beans Cookies Greek salad with chicken</p>	<p>22 Tomato soup Pepper steak with gravy White rice with green onions Roasted vegetables Sliced peaches Chicken salad on wheat</p>	<p>23 Chicken & rice soup Stuffed meatloaf with gravy Mashed potatoes Buttered corn Cake Italian chopped salad</p>	<p>24 Lentil vegetable soup Baked pasta with meatballs & sausage Roasted vegetables Sliced pears Turkey & cheese on wheat</p>
<p>27 Chicken escarole soup Sausage & pepper sandwich 3-bean salad Pasta salad Sliced melon Corned beef & Swiss on rye</p>	<p>28 Tuscan vegetable soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad with chicken</p>	<p>29 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables with potatoes Cookie Chef salad</p>	<p>30 Minestrone soup Sautéed beef with gravy Creamy parmesan rice Baby carrots with honey herb Lemon cake Italian grinder</p>	<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>