

SERVING SIZES

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

April 2023

Please call Meal Site Coordinator,
Eileen Donnelly, at 401-423-2658 to
make a meal reservation. Meals
must be ordered 48 hours in
advance. Thanks!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 <u>Tomato soup</u> <u>Pub burger w/ cheese</u> <u>Sliced roasted potatoes</u> <u>Cole slaw</u> <u>Whole Wheat roll</u> <u>Fruit</u></p> <p><u>Chicken salad plate</u></p>	<p>4 <u>Mushroom barley soup</u> <u>Chicken marsala</u> <u>Spanish rice</u> <u>Green beans</u> <u>Sliced bread</u> <u>Jello</u></p> <p><u>Turkey & Swiss on rye</u></p>	<p>5 Tossed salad Baked pasta Florentine Roasted zucchini w/carrots Multi grain bread Mixed fruit</p> <p><u>Cobb salad</u></p>	<p>6 Chicken escarole soup Baked ham w/raisin sauce Mashed potato Peas & carrots Snowflake roll Rice pie</p> <p><u>Ham & cheese on rye</u></p>	<p>7</p> <p>CLOSED</p>
<p>10 Minestrone soup Meatball sandwich Mediterranean salad Multi grain roll Pudding</p> <p><u>Chef salad</u></p>	<p>11 Tomato Soup Sauteed chicken breast w/mushrooms & tomatoes Green beans Sweet potato Fruit</p> <p><u>Sliced multi grain bread</u> <u>Salami, ham & cheese /</u> <u>wheat roll</u></p>	<p>12 Cream of broccoli soup Honey garlic pork chop Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie</p> <p><u>Romain salad w/chicken</u></p>	<p>13 Chicken soup Pot roast Au gratin potatoes Baby carrots Roll Cookie</p> <p><u>Ham, cheese & turkey on</u> <u>wheat</u></p>	<p>14 Pasta & bean soup Chicken cacciatore Green bean salad Roasted potato Sliced bread Fruit</p> <p><u>Egg salad sandwich</u></p>
<p>17 Lentil soup Beef Stroganoff Mashed potatoes Peas & carrots Roll (whole wheat) Chocolate chip cookie</p> <p><u>Chef salad</u></p>	<p>18 Escarole bean & sausage soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit</p> <p><u>Chicken sandwich on</u> <u>wheat roll</u></p>	<p>19 Split pea soup German pork cutlet Potato salad German green beans Whole Wheat roll – cookie</p> <p><u>Turkey & Swiss/whole</u> <u>wheat</u></p>	<p>20 Vegetable soup Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit</p> <p><u>Spinach salad w/ chicken</u></p>	<p>21 Kale & bean soup Balsamic glazed chicken thighs Roasted broccoli & carrots Rice pilaf / roll Fruit salad</p> <p><u>Tuna salad plate</u></p>
<p>24 Beef Barley soup Tossed salad Chicken, sausage, peppers & potatoes Roll Cake</p> <p><u>Cobb salad</u></p>	<p>25 Chicken soup Sloppy joe Cole slaw Potato chips Pudding Roll</p> <p><u>Egg salad on multi grain</u> <u>roll</u></p>	<p>26 Tomato soup Pepper steak Rice pilaf Zucchini & carrots Fresh fruit Multi grain bread</p> <p><u>Seafood salad plate</u></p>	<p>27 Minestrone Soup BBQ spareribs Baked beans Pasta salad Whole Wheat -/W roll</p> <p><u>Chicken salad sandwich</u></p>	<p>28 Portuguese kale soup Honey glazed chicken Rice pilaf w/peas Zesty garlic green beans Sliced bread / Jell-O</p> <p><u>Roast beef sandwich</u></p>