

# November 2022

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




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Call The Center at 789-0268 to sign up for lunch.</b></p>	<p>1          Cream of broccoli soup          Breaded chicken w/ gravy          Mashed potato          Vegetable medley          Fruit – WW roll          Ham &amp; cheese sandwich</p>	<p>2          Chicken noodle soup          Swedish meatballs          Brown Rice pilaf          Cream corn          Wheat roll          Pudding          Chef salad</p>	<p>3          Mushroom barley soup          Pork roast w/ gravy          Roasted potato          Sauteed carrots &amp; broccoli          Sliced multi grain bread          Sliced fruit          Turkey &amp; Swiss on rye</p>	<p>4          Tossed salad          Fish stew          Potato chips          WW Roll          Fruit          Seafood salad on wheat</p>
<p>7          Tomato soup          Shepard's pie          Mashed potato          WW Dinner roll          Pudding          Chicken salad sandwich</p>	<p>8          Greek cucumber salad          Stuffed shell w/meatball          Zucchini /w plum tomato          Garlic bread          Oatmeal cookie          Tuna salad on Rye</p>	<p>9          Beef vegetable soup          Sloppy joe          Cole slaw          Whole Grain Pasta salad          Fruit cup          Spinach salad w/chicken</p>	<p>10          Corn chowder          French onion baked chicken          Sweet Potato          Peas          WW Roll / fruit          Cobb salad</p>	<p>11 <b>Closed</b></p> 
<p>14          Escarole &amp; bean soup          Chicken Parm          Waxed beans          Whole Grain Pasta salad          Sliced bread /fruit          Spinach salad</p>	<p>15          Minestrone soup          Meatball sandwich          Italian potato salad          3 bean salad- / WW roll          Chocolate chip cookie          Chef salad</p>	<p>16          Tomato &amp; Cucumber Salad          Hot dog w/WW Roll          Baked beans          Potato salad          Fruit          Seafood salad sandwich</p>	<p>17          Italian wedding soup          *Turkey* w/ gravy, stuffing          Butternut squash          Mashed potato, WW roll          Apple/pumpkin pies          Roasted turkey on roll</p>	<p>18          Tuscan white beans/over bread          Tossed salad          American chop suey (WG Pasta          Zucchini w/ carrots          Fruit          Meatball sandwich</p>
<p>21          Chicken soup          Pub Burger w/ cheese -WW Roll          Roasted potato          Corn salad          Cookie          Ham &amp; cheese sandwich</p>	<p>22          Vegetable soup          Lasagna roll up w/meat sauce          Tossed salad          Garlic bread          Fruit          Cobb salad</p>	<p>23          Mixed fruit cup          Scrambled eggs          Home fries          Bacon /sausage, WG muffin          Bagel egg sandwich</p>	<p>24 <b>Closed</b></p> 	<p>25 <b>Closed</b></p> 
<p>28          Tomato soup          Sweet &amp; sour chicken          Brown Rice pilaf          Baby carrots          Roll          Cake          Blt on wheat</p>	<p>29          Tossed salad          Beef casserole over cheesy          Buttered noodles          Mixed vegetables          WW Roll          Fruit          Egg salad sandwich on wheat</p>	<p>30          Lentil soup          Roast pork tenderloin w gravy          Brussels sprouts          Sweet potatoes          WW Roll          Cake          Tuna salad plate</p>	<p>Suggested donation is \$3.00 per meal          Thank you for your donations.          Donations help to maintain the meal program.</p>	<p>Funded in part by the U.S. Administration on Aging and state funds through the Rhode Island Office of Healthy Aging.</p>

