





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Red Clam Chowder Fish Cake w/ Tartar Sauce Three Bean Salad Whole Wheat Roll Jell-O OR Chicken Salad on Wheat Roll	
								4 Minestrone Chicken Francese Wild Rice (Whole Grain) Sliced Carrots Fresh Fruit OR Ham & Provolone on Wheat	
11 Split Pea Soup Shepherd's Pie Mashed Potato Whole Wheat Roll Fruit Cup OR Turkey & Swiss on Wheat Roll		<h2 style="text-align: center;">Pizza</h2>		13 Caprese Salad Chicken a l'orange Broccoli Brown Rice Pilaf Chocolate Chip Cookies OR Seafood Salad on Wheat Roll		14 FLAG DAY MEAL! Spinach Salad Hamburger/Hot Dog on a whole wheat roll Potato Salad Lettuce and tomato Watermelon		15 FATHER'S DAY MEAL! Italian Wedding Soup Fried Pork Chop w/ Gravy Roasted Sweet Potato Spinach Cake	
18 Hummus w/ Pita Chips Grilled Chicken Rice Florentine (Whole Grain) Baby Carrots Pudding OR Meatball Grinder				19 Bean Salad Beef Tips Buttered Corn Mashed Cauliflower Fruit Salad OR Stuffed Tomato w/ Tuna		20 Roasted Cauliflower Soup Greek Fish Bake Cucumber and Carrot Salad Whole wheat roll Fruit Cup OR Italian Grinder		21 FIRST DAY OF SUMMER Spinach Salad Cheeseburger & Hot Dog on Wheat Rolls Pasta Salad & Cole Slaw Melon OR Seafood Salad on Wheat	
25 Fruit Cup Texas Chili Roasted Zucchini Brown Rice Brownie OR Ham Salad on Wheat		26 Chopped Salad Asian BBQ Chicken Thighs Green Beans Eggroll Cookies OR BLT on Wheat		27 Tomato Soup Italian Beef Sandwich Potato Wedges Caesar Salad Whole Fruit OR Seafood Salad Plate		28 Apple & Cranberry Salad Oven Fried Chicken Mac & Cheese Mashed Sweet Potato Pudding OR Cheeseburger on Wheat Roll		29 Vegetable Soup Monte Cristo Sandwich French Fries Roasted Beets Melon OR Greek Salad w/ Chicken	

WELCOME!
Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please call the meal site you wish to attend to reserve your meal!

EBT Cards are accepted at Social Street site!

Call 766-3734 for information.

SERVING SIZES

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

****PLEASE NOTE:** Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services Inc. cannot allow any perishable foods to leave the congregate meal site.