

**SERVING SIZES**  
 Grains — 2 ounces  
 Vegetables — 1/4 cup  
 Fruits — "A" cup  
 Protein — 3 ounces  
 Dairy — 1 cup



# March 2026



*Congregate Meal Program: Hot & Cold Dine-In Only*  
*Suggested Donation \$3.00 Per Meal. Sign-up (Meals Are Pre-ordered)*  
*Narraganset Community Center @ 53 Mumford Rd. (401)782-0675*  
*Donations Help To Maintain The Program!*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Navy bean soup Chicken French stew Mashed potatoes Green beans Sliced peaches Chicken salad on wheat	<b>3</b> Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears Tossed salad w/ chicken	<b>4</b> Mushroom barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate	<b>5</b> Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions Cake Greek salad w/ chicken	<b>6</b> Mediterranean lentil soup Lemon pepper baked fish Cole slaw Roasted potato Cookies Turkey & cheese on wheat
<b>9</b> Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie Egg salad on rye	<b>10</b> Minestrone soup Stuffed shell w/ meatball Green beans Roasted potatoes Sliced pears Seafood salad plate	<b>11</b> Tomato soup Sausage & pepper sandwich Veggie crunch(Cum.Tom.kale) Spinach, onion, celery Mixed fruit Turkey sandwich on wheat	<b>12</b> <i>St. Patti's Luncheon</i> Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Soda bread Cake / no option	<b>13</b> Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples Greek salad w/ chicken
<b>16</b> Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon Ham salad on wheat	<b>17</b> Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Brownie Cobb salad	<b>18</b> Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon Tuna salad plate	<b>19</b> Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad	<b>20</b> Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich
<b>23</b> Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie Chicken salad on rye	<b>24</b> Minestrone soup Pepper steak w/ gravy Mashed potatoes Roasted vegetables Sliced peaches Chef salad	<b>25</b> Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye	<b>26</b> Kale & chickpea soup Meatloaf w/ gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken	<b>27</b> Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears Tuna salad on rye
<b>30</b> Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder	<b>31</b> Vegetable barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken			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</i>