

AGING WELL INC., 84 Social Street
Woonsocket, RI 401- 766-3734

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich	2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate	3 Minestrone soup Sloppy joe Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
6 Mushroom barley soup Greek style chicken thighs Florentine rice Sauteed vegetable Multi grain roll Chocolate chip cookie Roast beef w/ swiss cheese	7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w/ chicken	8 Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	9 Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed vegetables Mashed potatoes, cake Seafood salad plate	10 Roasted cauliflower soup Meatball sandwich Pasta salad Ww roll Chips Fresh fruit Tuna salad sandwich
13 Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll, Pineapple Ham & cheese on wheat	14 Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll, Lorna done cookie Spinach salad w/ chicken	15 Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll, Fresh fruit Italian grinder	16 Minestrone soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll, Brownie Egg salad on wheat	17 Tuscan white bean soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Sliced pears Tuna salad plate
20 Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – ww roll Egg salad sandwich	21 Vegetable barley soup Manicotti w/meat sauce Italian green beans salad Ww roll Tropical fruit Reuben on rye	22 Irish vegetable soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken	23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf, Baby carrots Whole Wheat Roll - cake Tuna sandwich plate	24 Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad
CLOSED IN OBSERVANCE OF MEMORIAL DAY.	28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29 Mushroom Chickpea veggie soup Chicken scallopini Mixed vegetables Parmesan Rice, Cantaloupe Spinach salad w/chicken	30 Lentil soup w/vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31 Vegetable soup Shepards pie Mashed potato Ww Roll Honeydew Ham & cheese on Wheat

WELCOME!
Our suggested donation is \$3.00 per meal.
Lunch is served At 11:30 am

The menu is subject to change without notice.

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

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the 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, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.