


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

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fresh fruit, Scrambled eggs Home fries Bacon, Sausage Muffin Spinach salad	2 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread, Jello Turkey & Swiss on rye	3 Cream of mushroom soup Sauteed beef w/ mushroom gry Mashed sweet potatoes Multi grain bread Mixed fruit Cucumber salad w/ chicken	4 Vegetable soup Smothered pork chop Mashed potato Peas & carrots Snowflake roll Fruit Chicken sandwich ww roll	5 Lentil soup Open turkey sandwich Cole slaw Potato wedges Sliced ww bread, cookie Romaine salad w/chicken
8 Pasta & bean soup Sausage & Pepper sandwich Roasted broccoli & carrots Multi grain roll Pudding Chef salad	9 Tomato Soup Herb roasted chicken Green beans Sweet potato, Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	10 Greek cucumber salad Pork roast w/gravy Rice pilaf w/ mushrooms Mixed vegetables, Roll Oatmeal raisin cookie Ham & cheese club	11 Chicken soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots, Roll & Cake Turkey on wheat	12 Cream of broccoli soup Pepper steak Green bean salad Roasted potato Sliced bread, Fruit Egg salad sandwich
15 Cottage cheese w/ fruit Sloppy joe Pasta salad, 3-bean salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	16 Escarole bean & sausage soup Honey glazed chicken breast Rice pilaf Italian mixed vegetables Mixed fruit / roll Tuna salad plate	17 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat	18 Roasted chickpea salad Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken	19 Chicken & rice soup Balsamic glazed pork tender loin Roasted broccoli & carrots Rice pilaf / roll, Fruit Salad Roast beef on a ww roll
22 Tomato soup Chicken alfredo Mixed vegetables Roasted sweet potatoes Ww roll - cake Cobb salad	23 Chicken soup Teriyaki beef tips Fried rice Green beans Jello - roll Egg salad on multi grain roll	24 Lentil soup Herb crusted pork loin Parsley potatoes Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate	25 Minestrone Soup Baked pasta w/sausage, cheese & meatballs Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich	26 Portuguese kale soup Meatball sandwich 3 -bean salad Tater tots Ww roll Ham & cheese on rye
MEMORIAL DAY MEAL SITES CLOSED 	30 Cream of broccoli soup Chicken cacciatore Roasted potato Ww roll Coffee cake Pasta salad w/ chicken	31 Cream of chicken soup Tossed salad Stuffed manicotti w/ meat sauce Garlic bread Fruit Hot dog w/ roll		

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 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.