

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.

The menu is subject to change without notice

Aging Well Inc.

84 SOCIAL STREET

WOONSOCKET, RI 02895 401-766-3734

# DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Suggested donation is \$3.00 per meal. Thank you for your donations. Donations help to maintain the meal Program. All menu items may contain nuts, seeds, beans, wheat, bran, &amp; other potential allergens.</p> <p>***please note: Per directive from the RI office of Healthy Aging &amp; the RI Department of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.</p>	<p>Serving Sizes</p> <p>Grains – 2 ounces</p> <p>Vegetable – ½ cup</p> <p>Fruits – ½</p> <p>Protein – 3 ounces</p> <p>Dairy – 1 Cup</p>	<p>1</p> <p>Mushroom barley soup</p> <p>Chicken marsala</p> <p>Roasted potato</p> <p>Green beans</p> <p>Ww roll</p> <p>Fruit</p> <p>Turkey &amp; Swiss on rye</p>	<p>2</p> <p>Pasta &amp; bean soup</p> <p>Meatball &amp; pepper sandwich</p> <p>Potato chips</p> <p>WW Roll</p> <p>Short bread cookie</p> <p>Seafood salad on wheat</p>
5 Chicken soup Baked ziti w/ sausage & meatballs Wax beans Garlic bread Chicken salad sandwich	6 Fruit cup Tossed salad Beef stew Ww roll Oatmeal cookie Tuna salad on Rye	7 Beef vegetable soup French onion baked chicken Sweet potato Whole Grain Pasta salad Pudding – mg bread Spinach salad w/chicken	8 Escarole & bean soup Italian pork chop Roasted potato Peas WW Roll - fruit Cobb salad	9 Clam chowder Pub Burger w/ cheese -WW Roll Potato wedges Corn salad Cookie Ham & cheese sandwich
12 Cream of broccoli soup Chicken Parm Mixed vegetable Whole Grain Pasta salad Multi grain bread - fruit Spinach salad	13 Minestrone soup Lasagna roll up w/ meat sauce Eggplant Parm Garlic bread Chocolate chip cookie Chef salad	14 Tomato & Cucumber Salad Hot dog w/WW Roll (IS) Baked beans Potato salad Fruit Seafood salad sandwich	15 Italian Wedding soup Stuffed chicken breast w/gravy Green bean casserole Mashed potato WW roll Holiday dessert	16 Tuscan white beans/over bread Chicken Scarpariello w/ sausage & potatoes Zucchini w/ carrots Fruit Meatball sandwich
19 Chicken soup Sloppy joe Cole slaw Orzo pasta w/ vegetables Roll - Cake Spinach salad	20 Tomato soup Breaded chicken w/ gravy Mashed potato Vegetable medley Ww roll - Cookie Egg salad on wheat	21 Lentil soup Shepard's pie Mashed potato Ww dinner roll Pudding Cobb salad	22 Beef vegetable soup Seafood salad on Pita Pasta salad Chips Coffee cake Chicken salad club	23 Orange juice Cheese omelet Home fries Bacon Corn bread Garden salad w/chicken
Closed	27 Navy bean soup Sweet & sour chicken Brown Rice pilaf Baby carrots Roll Cake Italian Grinder	28 Chicken & Rice Soup Sausage & Pepper sandwich Roll 3-bean salad Caesar salad w/chicken	29 Mushroom barley soup Pot roast w/gravy Mashed potato Peas & onions Cookie-roll Chef salad	30 Orange juice Scrambled eggs Home fries Bacon Muffin Ham & cheese on wheat