

Please call the meal site if you wish to attend and reserve your meal! EBT cards are accepted at the Social Street site!  
Call 766-3734 for information.  
The menu is subject to change without notice

# March 2020

Aging Well Inc.

84 SOCIAL STREET

WOONSOCKET, RI 02895 401-766-3734

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Cream of Broccoli Soup Shepherd's Pie Wheat Biscuit Lorna Doone Cookies Turkey Club	3 Escarole and Bean Soup Baked Ziti w/ Meat sauce Tossed Salad Italian Bread (White Wheat) Fruit Ham and Provolone on Wheat	4 Minestrone Soup Lemon Chicken Sweet Potatoes Green Beans Brownie Chef Salad	5 Cream of Mushroom Soup Beef Tips Mashed Potato Peas and Onions Coffee Cake Chicken Caesar Salad	6 Navy Bean Soup Garlic Chicken Rice Pilaf Broccoli Fruit Cup Tuna Salad Sandwich
9 Lentil Soup Bacon Cheeseburger on Whole Wheat Roll Three Bean Salad / Chips Fruit Salad Egg Salad on Wheat Bread	10 Vegetable and Noodle Soup Breaded Chicken w/ Gravy 100% Fruit Juice Mix Vegetable Pudding Pastrami Rueben	11 Fruit Salad Scrambled Eggs Home fries Baked Ham WG French Toast w/ Syrup	12 Kale and Bean Soup Beef Cacciatore Wild Rice (WG) Roasted Zucchini Pound Cake Chicken Salad on Wheat Bread	13 N.E. Clam Chowder Crab Cakes Cole Slaw Green Beans Lemon Cake Cheeseburger w/ lettuce & tomato on Wheat roll
16 Split Pea Soup Swedish Meatballs Mashed Sweet Potato Cauliflower Chocolate Cake Cobb Salad	17 <u>St Patrick's Day</u> Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert	18 Creamy Tomato Soup Beef Tacos w/ Lettuce Sour Cream Rice (WG)/ Wax Beans Fruit Cup Italian Grinder	19 <u>St. Joseph's Day</u> Pasta Fagioli Chicken Osso Buco Mashed Potato Spinach Holiday Dessert	20 Mushroom Barley Soup Fish Sandwich on Whole Wheat Roll / Pasta Salad Broccoli Pudding Greek Salad w/ Chicken
23 Vegetable Soup Orange Chicken Garlic Noodles Eggroll Chocolate Chip Cookies Meatball Sandwich on Wheat	24 White Bean Soup Honey Butter Chicken Macaroni Salad Peas and Carrots Fruit Cup Tuna Salad on Wheat Roll	25 Chicken Soup Spaghetti w/ Bolognese Sauce Tossed Salad Whole Wheat Roll Pudding BBQ Chicken Sandwich	26 <u>Birthday Party</u> Italian Wedding Soup Stuffed Chicken Florentine Mashed Potato Baby Carrots Cup Cakes Roast Beef on Bulkie	27 Minestrone Soup Hot Turkey Sandwich w/Gravy Stuffing (WG) Peas Fruit Seafood Salad Plate
30 Tomato Soup Meatloaf w/ Gravy Mashed Potato Mix Vegetable Brownie Turkey and Swiss on Roll	31 Chicken and Escarole Soup Pork Loin Pot Roast Green Beans Whole Wheat Roll Fruit Cup Grilled Chicken Sandwich	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, and other potential allergens. ***Please note: Per directive from the RI Office of Healthy Aging and the RI Department of Health, Aging Well Inc. (formerly Senior Services, Inc.) cannot allow any perishable foods to leave the congregate meal site.		<b>SERVING SIZES</b> Grains – 2 ounces Vegetables – ¾ cup Fruits – ¼ cup Protein – 3 ounces Dairy – 1 cup