

# August 2024 MENU



**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 – ½ cup  
Fruits – ½ cup  
Protein – 3 ounces  
Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens  Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging			1 Tomato soup Salisbury steak w gravy Potato wedges Buttered corn Melon Ww roll Chef salad	2 Clam chowder Chicken stir fry w/stir fry vegetables Rice pilaf Ww roll Cake Tuna salad sandwich
5 Navy bean vegetable soup French onion baked chicken Roasted potatoes Mixed vegetables Ww roll Fresh fruit Spinach salad w/ chicken	6 Tossed salad Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Ham & cheese on wheat	7 Chicken soup Stuffed shell w/meat sauce Roasted carrot salad Garlic bread Sliced pears Seafood Salad Sandwich	8 Vegetable soup Pork roast w/ gravy Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	9 Fresh fruit cup Meatball sandwich 3 – bean salad Sliced potatoes Jello Ww roll Tuna salad sandwich
12  <b>CLOSED IN OBSERVANCE OF VICTORY DAY</b>	13 Cream of broccoli soup Mexican picadillo w/ Potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on roll	14 Lentil vegetable soup Chicken scallopini Rice pilaf w/ mushrooms Green beans Ww Roll - cake Seafood salad plate	15 Chicken soup Pot roast w/gravy Mashed potatoes Peas & carrots Sliced peaches – Ww roll Cobb salad	16 Greek cucumber salad BBQ pulled pork sandwich Cole slaw Roasted sliced potatoes Tropical fruit – Ww roll Tuna salad plate
19 Minestrone soup Greek style chicken thighs Parsley potatoes Florentine rice, Ww roll Oatmeal cookie Turkey sandwich on wheat	20 Tomato soup Ground beef tacos (2) Rice Spanish corn, Sour cream Sliced peaches Chef salad	21 Tossed salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll, Melon Chicken salad on wheat	22 Lentil soup w/ vegetables Oven fried chicken Pasta salad Cucumber salad Ww roll, Brownie Egg salad on rye	23 Tossed salad Roasted pork loin Sweet potato Mixed Vegetables Ww Roll, Oatmeal cookie Ham & cheese
26 Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll, Pudding Roast beef on roll	27 Vegetable soup Honey garlic pork chop Roasted vegetables Parmesan rice Tropical fruit, Ww roll Spinach salad w/ chicken	28 Greek Salad Shepards pie Mashed potato Mixed Vegetables/roll Oatmeal cookie Turkey sandwich	29 Vegetable soup Sloppy joe 3-salad Roasted potatoes Fresh fruit/Ww roll Cobb salad	30 Corn chowder Sausage & pepper sandwich Steamed broccoli Chips Ww roll, Pineapple chunks Chef salad

\*\*PLEASE NOTE: Per directive from the office of Healthy Aging and the RI Dept. of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.