

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

August 2024 MENU

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



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 office of Healthy Aging and the RI Dept. of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.