

AGING WELL INC., 84 Social Street

Woonsocket, RI 401-766-3734

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tossed salad Pub burger w/ cheese Baked beans Pasta salad Watermelon - roll Hot dog w/roll	4 Closed in observance of Independence day	5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans Roll Cookie Chef salad	6 Minestrone soup Lasagna roll up w/meat sauce Roasted potato Broccoli florets Snowflake roll Fruit Chicken salad on wheat	7 Tomato soup Salisbury steak w gravy Mashed potato Mixed vegetables Fruit, Roll Spinach salad w/ chicken
10 Pasta & bean soup Shepards pie Mashed potato Multi grain roll Pudding Ham & cheese club	11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables, Roll Oatmeal raisin cookie Roast Beef on a WW roll	13 Minestrone soup BBQ pulled pork sandwich Cole slaw Orzo salad Roll Cake Turkey on wheat	14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato Ww roll, Jello Egg salad sandwich
17 Vegetable soup Chicken cacciatore Roasted potato salad Mixed vegetable Roll Fruit Seafood salad plate	18 PIZZA	19 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad, Roll, Cookie Tuna salad plate	20 Tomato soup Sloppy joe 3 – bean salad Chips - roll Cake Chicken sandwich	21 Tossed salad Fruit cup Beef stew Ww roll Pudding Ham & Cheese on rye
24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed vegetables Garlic bread Cake Cobb salad	25 Mushroom barley soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	26 Navy bean soup Liver & onions Mashed potatoes Peas Watermelon - roll Grilled veggie salad w/chicken	27 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf, Cookie Ham & Swiss	28 Fresh fruit w/ cottage cheese Open turkey sandwich Stuffing Cole slaw Ww roll – pudding Chicken Salad on wheat
31 Vegetable soup Lemon chicken Potatoes O'brien Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat				

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.