

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

# MARCH 2023

**Aging Well Inc.**  
84 SOCIAL STREET  
WOONSOCKET, RI 02895 401-766-3734

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>Serving sizes</b> Grains - 2 ounces Vegetables - ½ cup Fruits – ½ cup Protein - 3 ounces Dairy - 1 cup	<b>1</b> Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye	<b>2</b> Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken	<b>3</b> Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad
<b>6</b> Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken	<b>7</b> Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	<b>8</b> Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club	<b>9</b> Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad	<b>10</b> Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread– Fruit Cobb salad
<b>13</b> Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad	<b>14</b> Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	<b>15</b> Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat	<b>16</b> Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat\	<b>17</b> Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate
<b>20</b> Beef Barley Soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad	<b>21</b> Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll	<b>22</b> Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread Seafood salad plate	<b>23</b> Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich	<b>24</b> Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate
<b>27</b> Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll Chicken sandwich on ww roll	<b>28</b> Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll	<b>29</b> Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic Bread Pound cake Turkey & Swiss on rye	<b>30</b> Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll-fruit Egg salad plate	<b>31</b> Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad