

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED NEW YEARS DAY</p>	<p>2</p> <p>Tomato Soup Shepard's pie Mashed Potatoes Roll Oatmeal Cookie Chicken Salad on Rye</p>	<p>3</p> <p>Lentil Soup Open Turkey Sandwich Cole Slaw Potato Wedge WW Bread Fruit Greek Salad w/Chicken</p>	<p>4</p> <p>Mushroom barley soup Chicken cacciatore Roasted potatoes Green beans Cake Roll Chef salad</p>	<p>5</p> <p>Split Pea soup Potato crusted fish Mixed vegetables Spanish rice Roll Pineapple chunks Roast beef w/ roll</p>
<p>8</p> <p>Vegetable soup Honey glazed chicken Roasted potatoes Baby carrots w/ green beans Sliced cake Roll Egg salad on wheat</p>	<p>9</p> <p>Escarole bean & sausage soup Lasagna roll up w/meat sauce Waxed beans Oatmeal cookie Garlic bread Seafood salad plate</p>	<p>10</p> <p>Vegetable lentil soup Sloppy Joe Macaroni Salad Broccoli Roll Sliced pears Turkey & Swiss cheese</p>	<p>11</p> <p>Chicken noodle soup Pork roast w/ gravy Rice pilaf Mixed vegetables Ww Roll Sliced peaches Chicken salad plate</p>	<p>12</p> <p>Fish chowder Swedish meatballs Mashed potatoes Peas & onions Roll Cookies Cobb salad</p>
<p>15</p> <p>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</p>	<p>16</p> <p>Pasta fagioli Baked Tuscan chicken Rice pilaf Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye</p>	<p>17</p> <p>Chicken soup American Chop Suey Wax & Green Beans Ww roll Fresh Fruit Chicken Waldorf salad plate</p>	<p>18</p> <p>Cream of broccoli soup Slow cooked pulled pork Roasted sweet potatoes Roasted vegetables Roll Apple slices Tuna salad plate</p>	<p>19</p> <p>Minestrone Soup Meatball Sandwich Cole Slaw Pasta Salad w/veggies Ww Roll Tropical Fruit Ham & Cheese Sandwich</p>
<p>22</p> <p>Beef barley vegetable soup Baked rigatoni w/ meatballs Green beans w/stewed tomatoes Garlic bread, Fresh Fruit Seafood salad sandwich</p>	<p>23</p> <p>Tomato soup Chicken Teriyaki Fried rice Snow peas Ww Roll - Pudding Roast beef sandwich</p>	<p>24</p> <p>Vegetable lentil soup Stuffed shell & meatball Mixed vegetables Ww roll , Fruit Chicken salad on rye</p>	<p>25</p> <p>Kale & bean soup Pot roast w/ gravy Green beans Mashed potatoes Roll – Jello Tuna salad plate</p>	<p>26</p> <p>Turkey barley soup Pub burger w/ cheese Chips - roll Potato Salad, Cookie Chef Salad</p>
<p>29</p> <p>Chicken soup Grilled sweet chicken breast Florentine rice Corn, peas & carrots Roll – pudding Turkey sandwich on wheat</p>	<p>30</p> <p>Fresh fruit Beef stew Tossed salad Roll, Oatmeal Cookie Corned beef on rye</p>	<p>31</p> <p>Potato & leek soup Sweet & sour pork Vegetable fried rice Mixed vegetables Tropical fruit / roll Tossed salad w/ chicken</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 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.