


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

# APRIL 2024

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| 1<br>Mushroom barley soup<br>Chicken parm<br>Italian veg. mix<br>Roasted sweet/white potato<br>Ww roll<br>Pudding<br>Roast beef w/ Swiss                    | 2<br>Lentil soup with vegetables<br>Sausage & pepper sandwich<br>Green beans<br>Herb red potato salad<br>Ww roll<br>Fresh fruit<br>Chef salad          | 3<br>Vegetable soup<br>Beef w/ broccoli & mushrooms<br>Parmesan rice<br>Roasted zucchini w/carrots<br>Ww roll, Cake<br>Spinach salad w/ chicken  | 4<br>Chicken escarole soup<br>Slow roasted BBQ pork<br>Cole slaw<br>Pasta salad<br>Ww roll<br>Watermelon<br>Seafood salad sandwich    | 5<br>Tomato soup<br>Beer battered fish<br>Spanish rice<br>Broccoli florets<br>Sliced ww bread<br>Pineapple chunks<br>Turkey sandwich on roll |
| 8<br>Chicken & rice soup<br>Chicken alfredo<br>Florentine rice<br>Sauteed vegetable<br>Multi grain roll<br>Pudding<br>Ham & cheese on wheat                 | 9<br>Cream of broccoli soup<br>Sweet & sour meatballs<br>Vegetable fried rice<br>Zucchini w / tomatoes<br>Peaches<br>Ww roll<br>Greek salad w/ chicken | 10<br>Vegetable lentil soup<br>Greek roasted chicken thighs<br>Green beans<br>Sweet potatoes<br>Ww roll<br>Sliced pears<br>Turkey & Swiss cheese | 11<br>Kale & bean, sausage soup<br>Pot roast w/gravy<br>Mashed potatoes<br>Mixed vegetables<br>Ww roll<br>Cake<br>Chicken salad plate | 12<br>Roasted cauliflower soup<br>Shepards pie<br>Mashed potatoes<br>Ww roll<br>Oatmeal cookie<br>Tropical fruit<br>Tuna salad sandwich      |
| 15<br>Navy bean soup w/vegetables<br>Sloppy joe<br>Sauteed Italian vegetables<br>Pasta salad<br>Ww roll, Fig newton<br>Egg salad sandwich                   | 16<br>Chicken escarole soup<br>Chicken cacciatore<br>Roasted potatoes<br>Ww roll<br>Lorna doone cookie<br>Spinach salad w/ chicken                     | 17<br>Vegetable barley soup<br>American chop suey<br>Roasted yellow squash<br>Sliced peaches<br>Ww roll<br>Ham & cheese sandwich                 | 18<br>Tomato soup<br>Open turkey sandwich w/ gravy, Stuffing, Cole slaw<br>Ww bread<br>Brownie<br>Italian grinder                     | 19<br>Clam chowder ( red)<br>Meatball & pepper sandwich<br>3 – bean salad<br>Cantaloupe, Chips<br>Ww roll<br>Tuna salad plate                |
| 22<br>Minestrone soup<br>Stuffed shell w/meatball<br>Cucumber salad<br>Sliced roasted potatoes<br>Ww roll, Choc cookie<br>Egg salad sandwich                | 23<br>Vegetable barley soup<br>Fried chicken<br>Sweet potatoes<br>Cole slaw, Ww roll<br>Fresh fruit<br>Reuben on rye                                   | 24<br>Chicken cavatelli soup<br>Pork roast w/ gravy<br>Mixed vegetables<br>Mashed potatoes<br>Cake, Ww roll<br>Greek salad w/ chicken            | 25<br>Escarole & bean soup<br>Salisbury steak w/gravy<br>Rice pilaf, Ww roll<br>Green beans w/ carrots<br>Pudding<br>Tuna sandwich    | 26<br>French onion soup<br>Chicken marsala<br>Florentine rice<br>Mixed vegetables<br>Ww roll<br>Tropical fruit<br>Chicken salad sandwich     |
| 29<br>Tomato soup<br>Chicken thigh w/ gravy<br>Mashed sweet/ white potatoes<br>Zucchini Tomatoes & carrots<br>Ww roll- cookie<br>Turkey sandwich on ww roll | 30<br>Turkey soup w /vegetables<br>Roasted pork loin w/gravy Mixed vegetables<br>Greek lemon potatoes<br>Cake<br>Cobb salad                            |  |   |   |

**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.