


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

# FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 French lentil soup Roasted pork loin w/ gravy Roasted potatoes Green beans Jello Roll Ham & cheese sandwich	2 Mulligan stew Sweet & sticky chicken Mixed vegetables Rice pilaf Ww roll Pineapple chunks Roast beef w/ roll
5 Vegetable soup Baked chicken w/ mushrooms Roasted sweet potatoes Baby carrots w/ green beans Sliced cake Ww Roll Seafood salad on wheat	6 Chicken escarole soup Pepper steak Roasted potatoes Roasted zucchini w/ tomato Oatmeal cookie Ww Roll Egg salad plate	7 Vegetable lentil soup Sausage & pepper sandwich Pasta Salad Chips Ww roll Sliced pears Turkey & Swiss cheese	8 Tomato soup Italian style pork chop Roasted potatoes Mixed vegetables Ww Roll Cup cake Chicken salad plate	9 Roasted cauliflower soup Swedish meatballs Mashed potatoes Peas & carrots Ww Roll Fresh fruit Cobb salad
12 Cream of broccoli soup Sloppy joe Cole slaw Pretzel Ww Roll Tropical fruit Chef salad	13 Navy bean soup Baked rigatoni w/meatballs Green beans w/stewed tomatoes Garlic bread Lorna doone cookie Seafood salad sandwich	14 Vegetable barley soup Shepard's pie Mashed Potatoes Ww Roll Chocolate chip cookie Tuna salad sandwich	15 Minestrone soup Veal patty w/ mushrooms Roasted vegetables Sweet potato Ww Roll Sliced peaches Spinach salad w/ chicken	16 Clam chowder (red) Potato crusted fish Cole Slaw Rice pilaf Ww Roll Pudding Egg salad Sandwich
19 <b>CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</b>	20 Vegetable barley soup Beef Teriyaki Fried rice Snow peas Ww Roll - Pudding Chicken salad on rye	21 Vegetable soup Meatball w/stuffed shell Mixed vegetables Ww roll Watermelon Greek salad w/ chicken	22 Kale & bean soup Sliced turkey w/ gravy Buttered corn Stuffing Fresh fruit – Ww roll Tuna salad plate	23 French Onion soup Filet of fish sandwich Cole slaw Potato wedges, Ww roll Chef salad
26 Chicken soup Breaded chicken cutlet w/ gravy, Baby carrots, Wow Roll Florentine rice Pudding Turkey sandwich on wheat	27 Venus de milo soup Meatball & pepper sandwich Roasted potatoes Wow roll, Fig newton Spinach salad w/chicken	28 Fresh fruit Tossed salad Beef Stew Wow Roll Pineapple chunks Cobb salad	29 Lentil & pea soup Salisbury steak w/gravy Mashed potatoes Sweet corn, Ww Roll Tropical fruit Ham & Swiss on rye	

**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.