


MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tomato soup Beer battered fish Rice pilaf Green beans Sliced ww bread Pineapple chunks Roast beef on roll
4 Vegetable soup Chicken cordon bleu w/ gravy Rice Florentine Sauteed vegetable Multi grain roll Pudding Seafood salad on wheat	5 Chicken escarole Soup Top sirloin roast Roasted potatoes Zucchini w / tomatoes Jello Ww roll Chef salad	6 Vegetable lentil soup Roasted chicken thighs Green beans Ww roll Sliced pears Turkey & Swiss cheese	7 Kale & bean soup Meatloaf w/ gravy Mashed potatoes Mixed vegetables - roll Cake Chicken salad plate	8 Roasted cauliflower soup Potato crusted fish Rice pilaf Peas & carrots Fresh fruit - Ww roll Tuna salad plate
11 Chicken soup Lasagna roll up w/ meat sauce Sauteed Italian vegetables Garlic bread Tropical fruit Egg salad sandwich	12 Navy bean soup w/ vegetables Chicken francese Green beans w / stewed tomatoes Spanish rice Lorna doone cookie Seafood salad sandwich	13 Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches – Ww roll Spinach salad w/chicken	14 Irish potato soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Brownie	15 Clam chowder (red) Baked fish Cole slaw Rice pilaf Pudding – Ww roll Tuna salad plate
18 Minestrone soup Baked chicken topped W/ Eggplant Bolognese Roasted potato Chocolate cookie – Ww roll Roast beef on roll	19 Vegetable barley soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Ww roll - pudding Chicken salad on rye	20 Chicken & rice soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Watermelon - Ww roll Greek salad w/ chicken	21 Escarole & bean soup Veal & pepper Sandwich Marinated vegetable salad Whole Wheat Roll Fresh fruit Tuna sandwich	22 French onion soup Fish filet sandwich Cole slaw Potato wedges Ww roll - Oatmeal cookie Chef salad
25 Chicken soup Shepards pie Mashed potatoes Pudding Ww roll Turkey sandwich on ww roll	26 Turkey soup w /vegetables Meatball sandwich 3- bean salad Roll, cake Cobb salad	27 Tomato soup Crustless chicken pot Pie Mashed potatoes Wwroll Fig newton Corned beef on rye	28 Easter Meal Vegetable lentil soup Baked ham w/gravy Sweet mashed potatoes Mixed Vegetables Ww roll – fresh fruit Ham & Swiss Cheese	29 Fish chowder Fish cake Rice pilaf, sliced carrots Sliced pears, Ww roll Egg salad plate

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.