

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

# JUNE 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken soup Sausage & peppers w/potatoes Garlic bread 3 bean salad Cookie Roast beef on roll	<b>4</b> Greek cucumber salad Tuscan style chicken w/sausage & Beans, roasted vegetables Roasted potatoes Wow roll Sliced peaches Ham & cheese on wheat	<b>5</b> Tomato soup BBQ chicken thigh Cole slaw Pasta salad Ww roll Melon Chef salad	<b>6</b> Kale & bean soup Salisbury steak w/gravy Mashed potato Roasted vegetables Wow roll Pudding Seafood salad plate	<b>7</b> Minestrone soup Pub burger w/cheese Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
<b>10</b> Mushroom barley soup Greek style chicken thighs Parmesan rice Mixed vegetables Ww roll Tropical fruit Spinach salad w/ chicken	<b>11</b> Vegetable barley soup Shepard's pie Mashed potatoes Wow roll Pudding Greek salad w/ chicken	<b>12</b> Tomato soup Glazed pork tenderloin Roasted potatoes Sliced carrots Ww roll Sliced pears Turkey & Swiss cheese	<b>13</b> Chicken escarole soup BBQ Beef brisket Cole slaw Italian pasta salad Wow roll Cake Chicken salad plate	<b>14</b> Garden Salad Hot Dog Potato Salad Baked Beans Brownie with Ice Cream
<b>17</b> Navy bean soup w/vegetables Chicken cacciatore Rice pilaf French style green beans Ww roll Pineapple chunks Ham & cheese on wheat	<b>18</b> Tossed salad Swedish meatballs Mashed potatoes Buttered corn Wow roll Lorna done cookie Roast beef sandwich on roll	<b>19</b> <b>CLOSED IN OBSERVANCE OF JUNETEENTH INDEPENDENCE DAY</b>	<b>20</b> Minestrone soup Baked ham w/ gravy Sweet potato Peas & carrots Wow roll Sliced peaches Cobb salad	<b>21</b> Vegetable soup Chicken teriyaki Fried rice w/ vegetables Roasted vegetables Ww roll Sliced pears Tuna salad plate
<b>24</b> Kale bean & sausage soup Manicotti w/meat sauce Cucumber salad Garlic bread Chocolate cookie Egg salad sandwich	<b>25</b> Tomato soup Marry me chicken Roasted vegetables Parmesan rice Wow roll Tropical fruit Reuben on rye	<b>26</b> Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Green beans w/carrots Ww roll, melon Chicken salad on wheat	<b>27</b> Lentil soup w/ vegetables Greek turkey Lemon parsley rice Greek roasted vegetables Wow roll Cookie Seafood sandwich plate	<b>28</b> Chicken soup Pork chop Italiano Waxed beans Roasted potatoes Ww roll Sliced peaches Chef 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 office of Healthy Aging and the RI Dept. of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.