

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

# DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Split Pea soup Potato crusted fish Mixed vegetables Spanish rice Roll Pineapple chunks Roast beef w/ roll
4 Roasted cauliflower soup Meatball sandwich Roasted Yellow squash Mediterranean rice salad Sliced cake Roll Egg salad on wheat	5 Fresh fruit cup Texas style chili Tossed salad White rice Corn muffin Oatmeal cookie Seafood salad sandwich	6 Tomato navy bean soup French onion baked chicken Sweet potato Broccoli florets Oatmeal raisin cookie Roll Turkey & Swiss cheese	7 Minestrone soup Salisbury steak w/ gravy Mashed potato Baby carrots Ww Roll Sliced peaches Chicken salad plate	8 Corn chowder Beef w/ broccoli & mushrooms Roasted potato Green beans Roll, cookies Chicken Waldorf salad
11 Tomato soup Sausage & pepper sandwich Green beans salad Chips Whole Wheat roll Sliced pears Turkey & Swiss	12 Mushroom barley soup Sautéed beef w/ mushroom gvy Mashed potatoes Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye	13 Escarole bean & sausage soup Veal patty parmesan Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate	14 Cream of broccoli soup Maple glazed pork tenderloin Rice pilaf Roasted vegetables Roll Apple slices Tuna salad plate	15 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich
18 Vegetable soup Swedish meatballs Mashed potatoes Baby carrots, Fruits Seafood salad sandwich	19 Tomato soup Roasted chicken thighs Sweet potatoes Peas / Cookie, Ww roll Chicken sandwich	20 Vegetable lentil soup Baked manicotti Roasted potato Mixed vegetables Ww roll, Fruit Chicken salad on rye	21 Italian wedding soup Holiday ham w/ gravy Green bean casserole Mashed potatoes Roll – cup cakes Ham & cheese sandwich	22 Fruit cup Scrambled eggs Bacon & Sausage Home fries Blueberry muffin
25  <b>Closed In Observance of Christmas</b>	26 Chicken soup Pub burger w/ cheese Cole slaw Potato wedges, Ww roll, jello Tuna salad plate	27 Potato & Leek soup Chicken Teriyaki Vegetable fried rice Stir fry vegetables, fruit Tossed salad w/chicken	28 Minestrone soup Meatloaf w/gravy Mashed potatoes Corn, roll, cake Chef salad	29 Fresh fruit Cheese omelet Home fries Sliced ham, Baked beans Apple muffin

**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.