

AGING WELL INC., 84 Social Street

Woonsocket, RI 401-766-3734

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lentil & bean soup Honey Glazed chicken thigh Rice pilaf Mixed vegetables Cookie- ww roll Waldorf chicken salad	3 Mushroom barley soup Baked pasta Florentine Roasted zucchini w/ carrots Sliced bread Mixed fruit Ham & cheese	4 Chicken soup Sweet & sour meatballs Vegetable fried rice Stir fry vegetables Coffee Cake Ww Roll Chicken Sandwich	5 Tomato soup Pepper steak Roasted potato Peas & carrots Ww Roll Fruit Spinach salad w/ chicken	6 Tossed salad Chicken cacciatore Rice pilaf Broccoli Yellow Cake Ww Roll Roast beef sandwich
9 Closed in Observance of Columbus Day	10 Lentil soup w/ vegetables Swedish meatballs Roasted sweet & white potatoes Green beans Fruit Sliced multi grain bread Seafood salad sandwich	11 Kale & bean soup Chicken cutlet w/tomatoes mushrooms & spinach Rice pilaf Ww Roll Oatmeal raisin cookie Turkey & Swiss cheese	12 Minestrone soup Pork roast w/ gravy Mashed potato Baby carrots Ww Roll Fruit Chicken salad plate	13 Beef barley soup Open turkey sandwich w/ gravy Cauliflower w/ roasted carrots Sliced bread, pudding Ww Roll Tuna salad plate
16 Tomato soup Sloppy Joe Roasted potatoes 3 - bean salad Cookies Ww Roll Egg salad sandwich	17 PIZZA	18 Chicken soup Meatball & pepper sandwich Pasta salad w veggies Ww Roll Fruit Cobb salad	19 Minestrone soup Salisbury steak w/ mushrooms Sweet potato Mixed vegetables Ww Roll Cake Ham & cheese on rye	20 Clam chowder (red) Shepards pie Mashed potato Ww roll Cake Roast beef sandwich
23 Cottage cheese w/ fruit Chicken francese Roasted vegetable w/ potato Garlic bread Fruit Seafood salad sandwich	24 Vegetable barley soup Smothered pork chop w/apples & peppers Rice pilaf, Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	25 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato, jello Ww roll Ham salad on rye	26 Cream of broccoli soup Tender eye round roast w/gravy Garlic green beans Roasted sweet potato Ww roll, Pudding Chicken salad plate	27 Greek salad Beef stew Fruit Whole wheat roll Cookie Grilled chicken sandwich
30 Vegetable soup Chicken pot pie Mashed potato, cake, Ww Roll Turkey sandwich	31 Tossed salad Stuffed shell w/ meatball Garlic bread, mixed vegetables Fruit Corned beef sandwich			

WELCOME!
Our suggested donation is \$3.00 per meal.

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.