

AGING WELL INC., 84 Social Street

August 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of Healthy Aging.	Dinner rolls are served with all meals			1 #1 Tomato cauliflower soup Braised beef brisket Roasted Potato w/ vegetables Tomato salad Pineapple chunks #2 Ham & cheese on wheat
4	5	6	7	8
#1 Escarole bean & sausage soup Meatball sandwich	#1 Minestrone soup Sloppy joe	#1 Tuscan white bean soup Roasted pork loin w/gravy	#1 Chickpea & kale soup Pot roast w/ gravy	#1 Cream of mushroom soup Goulash
Roasted zucchini & carrots	Roasted potatoes	Rice pilaf	Mashed potatoes	Cucumber salad
Brownie #2 Chicken salad on rye	Cucumber salad Sliced peaches #2 Tossed salad w/ chicken	Peas & onion Sliced pears #2 Seafood salad sandwich	Green beans Cake #2 Spinach salad w/ chicken	Garlic roll Sliced apples #2 Ham & cheese on rye
11	12	13	14	15
Closed in Observance of	#1 Vegetable soup Creamy Tuscan chicken	#1 Chicken soup Pork shoulder roast w/gravy	#1 Tomato soup Meatloaf w/ gravy	#1 Chicken soup Pub burger w/ cheese
Victory Day	Broccoli florets	Rice pilaf	Mashed potato	Baked beans
	Roasted sweet potatoes	Peas & carrots	Baby carrots	Cole slaw / chips
	Cake #2 Egg salad on rye	Watermelon #2 Tuna salad plate	Peaches #2 Cobb salad	Watermelon #2 Hot dog
18	19	20	21	22
#1 Vegetable lentil soup Cider glazed chicken thighs	#1 Minestrone soup	#1 Tomato soup	#1 Mushroom barley soup	#1 Chicken escarole soup
Potato wedges	Pepper steak	Creamy feta & tomato chicken	Sliced turkey w/ gravy	Shepards pie
Mixed vegetables	Rice pilaf	Potatoes mushrooms & Tomatoes	Sweet potatoes	Mashed potatoes
Watermelon #2 Roast beef on roll	Roasted carrots	Oatmeal cookie	Green beans	Peaches
#2 Noast seel on foil	Sliced pears #2 Chef salad	#2 Seafood salad sandwich	Cake #2 Ham & cheese on wheat	#2 Cobb salad
25	26	27	28	29
#1 Corn chowder	D1774	#1 Tomato soup	#1 Chicken soup	#1 Chicken soup
Fried chicken	PIZZA	Baked chicken topped w/	Salsbury steak	Grill chicken
Roasted potatoes	,	Eggplant Bolognese	Mashed potatoes	Spanish rice
Green bean salad		Mediterranean rice	Buttered corn	Mixed vegetables
Chocolate chip cookie		Cake	Fresh melon	Mixed fruit
#2 Turkey sandwich on wheat		#2 Seafood salad plate	#2 Tossed salad w/chicken	#2 Egg salad on wheat bread

WELCOME!

Our suggested donation is \$3.00 per meal. Lunch is served At 12:00 pm

The menu is subject to change without notice.

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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