



# MARCH | 2018

## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>		<p><b>1</b> Cabbage Rolls Au Gratin Potatoes Peas &amp; Carrots Mandarin Oranges Wheat Roll with Margarine 6</p>	<p><b>2</b> Quiche Red Roasted Potatoes Cauliflower Side Salad Apricots Corn Muffin with Margarine 6</p>
<p><b>5</b> Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p><b>6</b> Chili con Carne Shredded Cheese Crackers Wax Beans Peas Tropical Fruit 5</p>	<p><b>7</b> Roast Beef &amp; Gravy Mashed Potatoes California Veggies Green Beans Chocolate Pudding Wheat Roll with Margarine 6</p>	<p><b>8</b> Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread with Margarine 7</p>	<p><b>9</b> Garlic &amp; Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>
<p><b>12</b> Scalloped Potato &amp; Ham Mixed Vegetables Cobbler Fruited Yogurt 8</p>	<p><b>13</b> Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4</p>	<p><b>14</b> Swedish Meatballs Noodles Spinach Pineapple Bread Pudding 7</p>	<p><b>15</b> Spaghetti Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6</p>	<p><b>16</b> Beer Battered Fish Potatoes Coleslaw Spiced Apples 6</p>
<p><b>19</b> Sliced Turkey &amp; Gravy Stuffing Green Beans California Blend Cranberry Sauce Wheat Roll with Margarine 7</p>	<p><b>20</b> Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7</p>	<p><b>21</b> <b>AgeWell CLOSED No Meals Served</b></p>	<p><b>22</b> Old Fashioned Meatloaf Mashed Potatoes Peas Normandy Veggies Peaches Cake 5</p>	<p><b>23</b> Homemade Mac &amp; Cheese Side Salad Wax Beans Beets Pears 5</p>
<p><b>26</b> Hamburger on a Bun Baked Beans Broccoli Pears 6</p>	<p><b>27</b> Salisbury Steak &amp; Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler 8</p>	<p><b>28</b> Pea Soup with Ham Cauliflower Corn Ambrosia 6</p>	<p><b>29</b> Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5</p>	<p><b>30</b> Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>

### MENU

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

### Special Events

March 11: Day Light Saving Begins

March 16: St. Patrick's Day Party

March 21: AgeWell Closed for Team Training

March 22: Birthday Party



(231) 755-0434  
Toll free: 1-800-442-6769  
www.agewellservices.org