



AUGUST | 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>1 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce</p> <p>4</p>	<p>2 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit</p> <p>7</p>	<p>3 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll/Margarine</p> <p>6</p>
<p>6 Pork Chop & Gravy Mashed Potato Peas Peaches Wheat Bread & Margarine</p> <p>5</p>	<p>7 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp</p> <p>8</p>	<p>8 BBQ Chicken Wings Potato Sautéed Cabbage Tomato Salad Fruited Jell-O</p> <p>5</p>	<p>9 Sweet and Sour Meatballs White Rice Wax Beans Spinach, Ambrosia Roll & Margarine</p> <p>7</p>	<p>10 Hotdog W/Bun Peas Cauliflower Fresh Fruit Fig Newton</p> <p>6</p>
<p>13 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce</p> <p>6</p>	<p>14 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread & Margarine</p> <p>7</p>	<p>15 Chicken Diane White Rice Asparagus Beets Fresh Fruit</p> <p>5</p>	<p>16 Quiche Red Skin Potatoes Succotash Apricots</p> <p>6</p>	<p>17 Chicken Salad Croissant Coleslaw Mandarin Oranges</p> <p>6</p>
<p>20 Roast Beef & Gravy Mashed Potatoes California Blend Green Beans Fruited Yogurt Roll & Margarine</p> <p>6</p>	<p>21 Tilapia Parsley Noodles Broccoli Coleslaw Peaches</p> <p>4</p>	<p>22 Pork Chop Suey White Rice Corn Squash Ambrosia Bread & Margarine</p> <p>6</p>	<p>23 Cavatappi Garlic Bread Green Beans Side Salad Applesauce Cake</p> <p>7</p>	<p>24 Pork BBQ & Bun Baked Beans Wax Beans Tropical Fruit String Cheese</p> <p>7</p>
<p>27 Sloppy Joe & Bun Euro Blend Wax Beans Fresh Fruit</p> <p>5</p>	<p>28 Oven Fried Fish Potato Coleslaw Spiced Apples</p> <p>6</p>	<p>29 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Watermelon</p> <p>7</p>	<p>30 Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O</p> <p>6</p>	<p>31 Swedish Meatballs Mashed Potatoes Spinach Bread Pudding Pineapple Tidbits</p> <p>7</p>

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

August 23: Birthday Celebration



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