



# OCTOBER | 2018

## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Garlic Herb Tilapia Parsley Noodles Corn Coleslaw Peaches  5	<b>2</b> Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Roll with Margarine  6	<b>3</b> Pork Chop Suey White Rice Broccoli Winter Squash Ambrosia Wheat Bread Margarine  7	<b>4</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce  7	<b>5</b> Chili Con Carne Shredded Cheese Crackers Wax Beans Peas Tropical Fruit  5
<b>8</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding  7	<b>9</b> Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O  6	<b>10</b> Beer Battered Fish Potatoes Coleslaw Spiced Apples  6	<b>11</b> Chicken Marsala Brown Rice Euro Blend Beets Fresh Fruit  4	<b>12</b> Scalloped Potatoes with Ham Mixed Vegetables Cobbler Fruited Yogurt  8
<b>15</b> Homemade Mac & Cheese Side Salad Beets Pears  5	<b>16</b> Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread  5	<b>17</b> Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce Wheat Roll Margarine  7	<b>18</b> Walking Taco Mexican Rice Corn with Peppers Fresh Fruit  7	<b>19</b> Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin with Margarine  5
<b>22</b> Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit  5	<b>23</b> Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges  6	<b>24</b> Pea Soup with Ham Cauliflower Corn Ambrosia  6	<b>25</b> Salisbury Steak Mashed Potatoes Peas Fruit Cocktail Cake  8	<b>26</b> Hamburger on a Bun Baked Beans Broccoli Pears  6
<b>29</b> Pork Chops with Gravy Mashed Potato Peas Peaches Wheat Bread Margarine  4	<b>30</b> Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton  7	<b>31</b> Bourbon Chicken White Rice Winter Squash Green Beans Fruit Cocktail  8	<b>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</b>	

### News

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

**October 25: Birthday  
Celebrations**

**October 31: Halloween**



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