

JULY | 2018

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Quiche Red Skin Potatoes Succotash Apricots 6	3 Chicken Salad Croissant Coleslaw Mandarin Oranges 6	4 AGEWELL CLOSED	5 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce 6	6 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread & Margarine 7
9 Pork BBQ & Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	10 Roast Beef & Gravy Mashed Potatoes California Blend Green Beans Fruited Yogurt Roll & Margarine 6	11 Pork Chop Suey White Rice Corn Squash Ambrosia Bread & Margarine 6	12 Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	13 Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4
16 Sloppy Joe & Bun Euro Blend Wax Beans Fresh Fruit 5	17 Swedish Meatballs Egg Noodles Spinach Pineapple Bread Pudding 7	18 Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6	19 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Watermelon 7	20 Oven Fried Fish Potato Coleslaw Spiced Apples 6
23 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7	24 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	25 Meatloaf & Gravy Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread 5	26 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine Cake 7	27 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7
30 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler 8	31 Hamburger on a Bun Red Skin Potatoes Broccoli Pears 6			***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

July 4th: AgeWell Closed
for Independence Day

July 26: Birthday
Celebration



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