



# JUNE | 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> Cavatappi Garlic Bread Lima Beans Side Salad Applesauce</p> <p>6</p>
<p><b>4</b> Sloppy Joe &amp; Bun Euro Blend Wax Beans Fresh Fruit</p> <p>5</p>	<p><b>5</b> Oven Fried Fish Potato Coleslaw Spiced Apples</p> <p>6</p>	<p><b>6</b> Swedish Meatballs Egg Noodles Spinach Pineapple Bread Pudding</p> <p>7</p>	<p><b>7</b> Spaghetti &amp; Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O</p> <p>6</p>	<p><b>8</b> Scalloped Potato &amp; Ham Mixed Vegetables Fruit Cobbler Watermelon</p> <p>7</p>
<p><b>11</b> Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread</p> <p>6</p>	<p><b>12</b> Macaroni &amp; Cheese Side Salad Asparagus Beets Fruit Crisp</p> <p>7</p>	<p><b>13</b> Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin &amp; Margarine</p> <p>6</p>	<p><b>14</b> Meatloaf &amp; Gravy Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread</p> <p>5</p>	<p><b>15</b> Walking Taco Mexican Rice Corn with Peppers Fresh Fruit</p> <p>7</p>
<p><b>18</b> Polish Sausage on a Bun Sauerkraut Asparagus Applesauce</p> <p>4</p>	<p><b>19</b> Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit</p> <p>7</p>	<p><b>20</b> Hamburger on a Bun Red Skin Potatoes Broccoli Pears</p> <p>6</p>	<p><b>21</b> Salisbury Steak &amp; Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler</p> <p>8</p>	<p><b>22</b> Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll/Margarine</p> <p>6</p>
<p><b>25</b> BBQ Chicken Wings Potato Sautéed Cabbage Tomato Salad Fruited Jell-O</p> <p>5</p>	<p><b>26</b> Sweet and Sour Meatballs White Rice Wax Beans Spinach, Ambrosia Roll &amp; Margarine</p> <p>7</p>	<p><b>27</b> Pork Chop &amp; Gravy Mashed Potato Peas Peaches Wheat Bread &amp; Margarine</p> <p>5</p>	<p><b>28</b> Cheese Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Cake</p> <p>8</p>	<p><b>29</b> Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp</p> <p>8</p>

### News

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

June 15: Elder Abuse Awareness Day

June 28: Birthday Celebration



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