



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>1 Cavatappi Garlic Bread Lima Beans Side Salad Applesauce</p> <p>6</p> |
| <p>4 Sloppy Joe & Bun Euro Blend Wax Beans Fresh Fruit</p> <p>5</p> | <p>5 Oven Fried Fish Potato Coleslaw Spiced Apples</p> <p>6</p> | <p>6 Swedish Meatballs Egg Noodles Spinach Pineapple Bread Pudding</p> <p>7</p> | <p>7 Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O</p> <p>6</p> | <p>8 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Watermelon</p> <p>7</p> |
| <p>11 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread</p> <p>6</p> | <p>12 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp</p> <p>7</p> | <p>13 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine</p> <p>6</p> | <p>14 Meatloaf & Gravy Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread</p> <p>5</p> | <p>15 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit</p> <p>7</p> |
| <p>18 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce</p> <p>4</p> | <p>19 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit</p> <p>7</p> | <p>20 Hamburger on a Bun Red Skin Potatoes Broccoli Pears</p> <p>6</p> | <p>21 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler</p> <p>8</p> | <p>22 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll/Margarine</p> <p>6</p> |
| <p>25 BBQ Chicken Wings Potato Sautéed Cabbage Tomato Salad Fruited Jell-O</p> <p>5</p> | <p>26 Sweet and Sour Meatballs White Rice Wax Beans Spinach, Ambrosia Roll & Margarine</p> <p>7</p> | <p>27 Pork Chop & Gravy Mashed Potato Peas Peaches Wheat Bread & Margarine</p> <p>5</p> | <p>28 Cheese Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Cake</p> <p>8</p> | <p>29 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



(231) 755-0434
Toll free: 1-800-442-6769
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