



AUGUST | 2017

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Salad Croissant Coleslaw Mandarin Oranges 6	2 Sliced Ham Sweet Potatoes Peas Pineapple Banana Cream Dessert 7	3 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Bread 6	4 Chicken Diane Rice Asparagus Beets Fresh Fruit 5
7 Chicken Cavatappi Garlic Bread Lima Beans 3-Bean Salad Applesauce 6	8 Roast Beef with Gravy Mashed Potatoes California Blend Green Beans Ambrosia Roll 6	9 Garlic Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4	10 Pork Chop Suey Rice Corn Squash Fruited Yogurt Bread 6	11 Pork BBQ on a Bun Baked Beans Wax Beans Tropical Fruit 7
14 Scallop Potatoes Diced Ham Mixed Veggies Fruit Cobbler Fresh Watermelon 7	15 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	16 Swedish Meatballs Mashed Potatoes Spinach Pineapple Bread Pudding 7	17 Sloppy Joe on a Bun Euro Blend Wax Beans Fresh Fruit 5	18 Oven Fried Fish Baby Potatoes with Sour Cream Coleslaw Spiced Apples 6
21 Mac & Cheese Side Salad Asparagus Beets Sweet Bread 7	22 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	23 Meatloaf with Gravy Mashed Potatoes Peas Normandy Blend Peaches Sweet Bread 5	24 Walking Taco Chips/Sour Cream Lett/Tom/Cheese/Onion Mexican Rice Fresh Fruit Cake 7	25 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin 6
28 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7	29 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce 4	30 Salisbury Steak with Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	31 Citrus Salmon Brown Rice Green Beans Coleslaw Mandarin Oranges Roll 6	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

August 24 – Birthday Celebration



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