



OCTOBER | 2017

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Homemade Mac and Cheese Side Salad Broccoli Beets Pears 4	3 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce Wheat Roll Margarine 4	4 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 5	5 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin Margarine 5	6 Old Fashioned Meatloaf Mashed Potatoes Peas Normandy Blend Veggies Peaches Sweet Bread 5
9 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 4	10 Hamburger on a Bun Lettuce/Tomato/Onion Baked Beans Broccoli Pears 5	11 Salisbury Steak with Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 6	12 Pea Soup with Ham Cauliflower Corn Ambrosia 4	13 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 4
16 Chicken Wings Baby Potatoes with Sour Cream Sautéed Cabbage Tomato Salad Fruited Jell-O 4	17 Pork Chop with Gravy Mashed Potatoes Peas Peaches Wheat Bread 5	18 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 6	19 Sweet and Sour Meatballs Ambrosia Wax Beans Spinach Roll 4	20 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 6
23 Cabbage Rolls Au Gratin Potatoes Peas and Carrots Mandarin Oranges Wheat Roll 5	24 Sliced Ham Sweet Potatoes Succotash Pineapple Banana Cream Dessert 5	25 AgeWell CLOSED for Team Training	26 Home-style Goulash Garlic Bread Brussels Sprouts Wax Beans Clementine Oranges Cake 4	27 Chicken Diane White Rice Broccoli Beets Applesauce 4
30 Chili con Carne with Cheese Crackers Wax Beans Peas Tropical Fruit 5	31 Garlic and Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 4	***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

October 25: AgeWell Closed for Team Training

October 19: Halloween Celebration at Meal Sites

October 28: Birthday Celebration



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