



DECEMBER | 2017

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 Sweet and Sour Meatballs White Rice Wax Beans Spinach Ambrosia Roll with Margarine 7</p>
<p>4 Cabbage Roll Au Gratin Potatoes Pea & Carrots Mandarin Oranges Roll with Margarine 6</p>	<p>5 Goulash Garlic Bread Brussels Sprouts Wax Beans Fresh Fruit 6</p>	<p>6 Sliced Ham Sweet Potatoes Succotash Pineapple Tidbits Cream Dessert 7</p>	<p>7 Chicken Diane Rice Broccoli Beets Applesauce 4</p>	<p>8 Quiche Cauliflower Side Salad Muffin Apricots 6</p>
<p>11 Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>12 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>13 Pork Chop Suey Rice Broccoli Squash Ambrosia Bread & Margarine 7</p>	<p>14 Roast Beef Mashed Potatoes/Gravy California Blend Green Beans Cake 6</p>	<p>15 Garlic Herb Tilapia Parsley Noodles Coleslaw Corn Peaches 5</p>
<p>18 Scalloped Potatoes/Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8</p>	<p>19 Chicken Marsala Brown Rice Euro Vegetables Green Beans Fresh Fruit 4</p>	<p>20 Oven Fried Fish Potatoes Coleslaw Spiced Apples 6</p>	<p>21 Pork Chop Mashed potatoes & gravy Almond green beans Salad Spiced apples Cherry cheesecake 5</p>	<p>22 AgeWell CLOSED</p>
<p>25 AgeWell CLOSED</p>	<p>26 Macaroni & Cheese Broccoli Coleslaw Beets Pears 5</p>	<p>27 Meatloaf Mashed Potatoes & Gravy Peas Normandy Blend Peaches Sweet Bread 5</p>	<p>28 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 5</p>	<p>29 AgeWell CLOSED</p>

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

December 14th: Birthday Celebration

December 21st: DTE Dinner

December 22nd: Closed

December 23rd: Closed

December 29th: Closed



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