



NOVEMBER | 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 Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Roll 7</p> | <p>2 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p> | <p>3 Slow Roasted Beef with Gravy Mashed Potatoes California Veggies Green Beans Chocolate Pudding Wheat Roll 6</p> |
| <p>6 Chicken Marsala Brown Rice Euro Veggies Beets Fresh Fruit 4</p> | <p>7 Spaghetti & Meat Sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 7</p> | <p>8 Beer Battered Fish Potatoes Coleslaw Spiced Apples 6</p> | <p>9 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p> | <p>10 Scalloped Potatoes with Ham Mixed Veggies Fruit Cobbler Yogurt with Fruit 8</p> |
| <p>13 Macaroni and Cheese Coleslaw Broccoli Beets Pears 5</p> | <p>14 Fashioned Meatloaf Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread 5</p> | <p>15 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin Margarine 5</p> | <p>16 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce Wheat Roll Cake 8</p> | <p>17 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7</p> |
| <p>20 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5</p> | <p>21 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p> | <p>22 Pea Soup with Ham Cauliflower Corn Peaches 6</p> | <p>23 AGEWELL CLOSED</p> | <p>24 AGEWELL CLOSED</p> |
| <p>27 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p> | <p>29 Chicken Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p> | <p>29 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p> | <p>30 Pork Chops with Gravy Mashed Potatoes Peas Peaches Wheat Bread 4</p> | |

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

November 16:
Thanksgiving Celebration
and Birthday Celebration

November 23: CLOSED

November 24: CLOSED



(231) 755-0434
Toll free: 1-800-442-6769
www.agewellservices.org