



NOVEMBER | 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>		1 AGEWELL CLOSED	<p>2 BBQ Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p>5 Homemade Goulash Garlic Bread Brussels Sprouts Wax Beans Fresh Fruit 6</p>	<p>6 Chicken Diane White Rice Broccoli Beets Applesauce 4</p>	<p>7 Sliced Ham Sweet Potato Succotash Pineapple Pudding 7</p>	<p>8 Quiche Red Skin Potatoes Cauliflower Side Salad Apricots Muffin with Margarine 6</p>	<p>9 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Bread with Margarine 6</p>
<p>12 Chili Con Carne Shredded Cheese Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>13 Garlic Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>	<p>14 Pork Chop Suey White Rice Broccoli Winter Squash Ambrosia Wheat Bread Margarine 7</p>	<p>15 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce Cake 8</p>	<p>16 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Roll with Margarine 6</p>
<p>19 Spaghetti & Meat Sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 6</p>	<p>20 Chicken Marsala Brown Rice Euro Blend Beets Fresh Fruit 4</p>	<p>21 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	22 AGEWELL CLOSED	23 AGEWELL CLOSED
<p>26 Homemade Mac and Cheese Side Salad Beets Pears 5</p>	<p>27 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5</p>	<p>28 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce 5</p>	<p>29 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce 7</p>	<p>30 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7</p>

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Nov 1: AgeWell Closed for Staff Training

Nov 15: Birthday Celebration

Nov 22 and 23: AgeWell Closed for Thanksgiving



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