



# DECEMBER | 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>				
<p><b>3</b> Pea Soup with Ham Cauliflower Corn Ambrosia 6</p>	<p><b>4</b> Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>	<p><b>5</b> Salisbury steak Mashed Potatoes Peas Cobbler Fruit Cocktail 6</p>	<p><b>6</b> Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5</p>	<p><b>7</b> Hamburger on a Bun Baked Beans Broccoli Pears 6</p>
<p><b>10</b> Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p><b>11</b> Bourbon Chicken White Rice Winter Squash Green Beans Fruit Cocktail 8</p>	<p><b>12</b> Sweet Sour Meatballs Ambrosia Wax Beans Spinach Ambrosia Roll, Margarine 8</p>	<p><b>13</b> Pork Chops with Gravy Mashed Potato Peas Peaches Wheat Bread Margarine 4</p>	<p><b>14</b> BBQ Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p><b>17</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Cream Dessert 7</p>	<p><b>18</b> Quiche Red Skin Potatoes Cauliflower Side Salad Apricots Muffin/ Margarine 6</p>	<p><b>19</b> Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p><b>20</b> Rosemary Pork Mashed Potatoes &amp; Gravy Escalloped Apples Caesar Salad Almond Green Beans Cheesecake 8</p>	<p><b>21</b> Homemade Goulash Garlic Bread Brussels Sprouts Wax Beans Fresh Fruit 6</p>
<p><b>24</b> <b>AGEWELL CLOSED</b></p>	<p><b>25</b> <b>AGEWELL CLOSED</b></p>	<p><b>26</b> Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p><b>27</b> Chili con Carne Shredded Cheese Crackers Wax Beans Peas Tropical Fruit 5</p>	<p><b>28</b> Roast Beef &amp; Gravy Mashed Potatoes California Veggies Green Beans Chocolate Pudding Roll/ Margarine 6</p>
<p><b>31</b> <b>AGEWELL CLOSED</b></p>				

### News

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

**Dec. 20: DTE Dinner**

**Dec. 24 & 25: Closed for Christmas**

**Dec. 31: Closed for New Year's Eve**



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