



JANUARY | 2019

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 AGEWELL CLOSED	1 AGEWELL CLOSED	2 Spaghetti & Meat Sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 6	3 Chicken Marsala Brown Rice Euro Blend Beets Fresh Fruit 4	4 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7
7 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5	8 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce 5	9 Homemade Mac and Cheese Side Salad Diced Beets Pears 5	10 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7	11 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce 7
14 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	15 Salisbury steak Mashed Potatoes Peas Cobbler Fruit Cocktail 8	16 Pea Soup with Ham Cauliflower Corn Ambrosia 6	17 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit 5	18 Hamburger on a Bun Baked Beans Broccoli Diced Pears 6
21 AGEWELL CLOSED	22 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	23 Bourbon Chicken White Rice Winter Squash Green Beans Fruit Cocktail 8	24 Sweet Sour Meatballs White Rice Wax Beans Spinach Ambrosia Birthday Cake 8	25 BBQ Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5
28 Quiche Red Skin Potatoes Cauliflower Side Salad Apricots Muffin/ Margarine 6	29 Homemade Goulash Garlic Bread Brussels sprouts Wax Beans Fresh Fruit 6	30 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Cream Dessert 7	31 Chicken Diane White Rice Succotash Beets Applesauce 4	*** The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Dec.31: AgeWell Closed for New Years

Jan.1: AgeWell Closed for New Years

Jan.21: AgeWell Closed for Martin Luther King Jr. Day

Jan. 24: Birthday Celebration



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