



FEBRUARY | 2019

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Roll 5
4 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6	5 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Roll with Margarine 6	6 Pork Chop Suey White Rice Broccoli Winter Squash Ambrosia Wheat Bread Margarine 7	7 Garlic Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5	8 Chili Con Carne Shredded Cheese Crackers Wax Beans Peas Tropical Fruit 5
11 Ale Battered Fish Potatoes Coleslaw Spiced Apples 6	12 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7	13 Spaghetti & Meat Sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 6	14 Chicken Marsala Brown Rice Euro Blend Beets Fresh Fruit 4	15 Scalloped Potatoes with Ham Mixed Vegetables Cobbler Fruited Yogurt 8
18 AGEWELL CLOSED	19 Homemade Mac and Cheese Side Salad Diced Beets Pears 5	20 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce 5	21 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5	22 Sliced Turkey & Gravy Stuffing Green Beans California Veggies Cranberry Sauce 7
25 Salisbury steak Mashed Potatoes Peas Cobbler Fruit Cocktail 8	26 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	27 Hamburger on a Bun Baked Beans Broccoli Diced Pears 6	28 Stuffed Chicken Rice Pilaf Green Beans Carrots Fresh Fruit Birthday Cake 6	1*** 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

Feb. 14: Valentine's
Day

Feb. 18: AgeWell
Closed for
Presidents Day

Feb. 28: Birthday
Celebration



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