



MARCH | 2019

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25 ***The Numbers reflect the carb count for each meal.
1 carb count = 15g of carbohydrates

4 Sweet Sour Meatballs
White Rice
Wax Beans
Spinach
Ambrosia
Dinner Roll & Margarine
7

11 Cabbage Rolls
Au Gratin Potatoes
Peas & Carrots
Mandarin Oranges
Wheat Bread & Margarine
6

18 Chili Con Carne
Shredded Cheese
Crackers
Wax Beans
Peas
Tropical Fruit
5

25 Scalloped Potatoes with Ham
Mixed Vegetables
Cobbler
Fruited Yogurt
8

26 Pork Chops & Gravy
Mashed Potato
Peas
Peaches
Wheat Bread & Margarine
4

12 Chicken Diane
White Rice
Succotash
Beets
Applesauce
4

19 Chicken Cavatappi
Garlic Bread
Lima Beans
Salad
Applesauce
6

26 Swedish Meatballs
Noodles
Spinach
Pineapple Tidbits
Bread Pudding
7

27 Bourbon Chicken
White Rice
Winter Squash
Carrot Raisin Salad
Fruit Crisp
8

13 Homemade Goulash
Garlic Bread
Brussels sprouts
Wax Beans
Fresh Fruit
6

20 Roast Beef & Gravy
Mashed Potatoes
Cali Blend
Green Beans
Fruited Yogurt
Roll with Margarine
6

27 Chicken Marsala
Brown Rice
Euro Blend
Beets
Fresh Fruit
4

28 BBQ Wings
Potatoes
Sautéed Cabbage
Tomato Salad
Fruited Jell-O
5

14 Sliced Ham
Sweet Potatoes
Peas
Pineapple Tidbits
Cream Dessert
7

21 AGEWELL
CLOSED

28 Spaghetti & Meat Sauce
Garlic Bread
Brussels sprouts
Carrots
Fruited Jell-O
Birthday Cake
7

1 Pea Soup with Ham
Cauliflower
Corn
Ambrosia
6

8 Cheese Lasagna
Garlic Bread
Corn
Cauliflower
Fresh Fruit
Fig Newton
7

15 Quiche
Red Skin Potatoes
Cauliflower
Side Salad
Apricots
Muffin/ Margarine
6

22 Garlic Herb Tilapia
Parsley Noodles
Corn
Coleslaw
Peaches
5

29 Ale Battered Fish
Potatoes
Coleslaw
Spiced Apples
6

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

March 21: AgeWell Closed

March 28: Birthday Celebration



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