

MAY | 2019

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p>2 Roast beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Margarine 6</p>	<p>3 Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>
<p>6 Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6</p>	<p>7 Scalloped Potatoes with Ham Mixed Vegetables Cobbler Fruited Yogurt 8</p>	<p>8 Ale Battered Fish Potatoes Coleslaw Spiced Apples 6</p>	<p>9 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>10 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>
<p>13 Homemade Mac and Cheese Asparagus Diced Beets Fruit Crisp 7</p>	<p>14 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p>15 Walking Taco Mexican Rice Corn & Peppers Fresh Fruit 7</p>	<p>16 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin /Margarine 6</p>	<p>17 Old Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5</p>
<p>20 Hamburger on a Bun Baked Beans Broccoli Diced Pears 6</p>	<p>21 Salisbury steak Mashed Potatoes Peas Cobbler Fruit Cocktail 8</p>	<p>22 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p>23 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce Birthday Cake 5</p>	<p>24 Citrus Salmon Brown Rice Green Beans Coleslaw Mandarin Oranges Roll/Margarine 6</p>
<p>27 AgeWell Closed</p>	<p>28 BBQ Wings Potatoes Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>29 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>30 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread & Margarine 5</p>	<p>31 Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

May 23: Birthday Party

May 27: AgeWell Closed Memorial Day



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