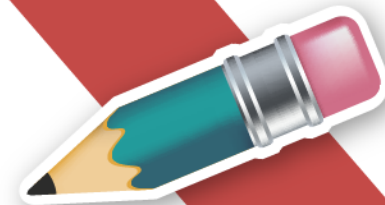


AUGUST | 2019

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

5 Chicken Bowtie Pasta
Carrot Raisin Salad
Mixed Fruit
Sweet Bread
6

12 Polish Sausage
Hotdog Bun
Sauerkraut
Asparagus
Applesauce
4

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

26 Chicken Salad
Wheat Croissant
Coleslaw
Mandarin Oranges
6

30
6 Homemade Mac and Cheese
Asparagus
Diced Beets
Fruit Crisp
7

13 Salisbury steak
Mashed Potatoes
Peas
Cobbler
Fruit Cocktail
8

20 Hot Dog
Hot Dog Bun
Peas
Cauliflower
Fresh Fruit
Fig Newton
6

27 Quiche
Red Skin Potatoes
Succotash
Apricots
6

31
7 Old Fashioned Meat Loaf
Mashed Potato
Peas
Normandy Veggies
Peaches
Sweet Bread
5

14 Hamburger on a Bun
Baked Beans
Broccoli
Diced Pears
6

21 Pork Chops & Gravy
Mashed Potato
Corn
Peaches
Wheat Bread & Margarine
5

28 Sliced Ham
Sweet Potatoes
Peas
Pineapple Tidbits
Wheat Bread & Margarine
7

1 Swedish Meatballs
Noodles
Spinach
Pineapple Tidbits
Bread Pudding
7

8 Crispy Baked Chicken
Red Roasted Potatoes
Sautéed Cabbage
Applesauce
Corn Muffin & Margarine
6

15 Citrus Salmon
Brown Rice
Green Beans
Beets
Mandarin Oranges
Dinner Roll/Margarine
6

22 BBQ Wings
Potatoes
Sautéed Cabbage
Tomato Salad
Fruited Jell-O
Birthday Cake
6

29 Cabbage Roll
Au Gratin Potatoes
Peas & Carrots
Applesauce
6

2 Ale Battered Fish
Potatoes
Coleslaw
Spiced Apples
6

9 Walking Taco
Mexican Rice
Corn & Peppers
Fresh Fruit
7

16 Stuffed Chicken
Rice Pilaf
Corn
Carrots
Fresh Fruit
7

23 S & S Meatballs
White Rice
Wax Beans
Spinach
Ambrosia
Dinner Roll & Margarine
7

30 Chicken Diane
White Rice
Green Beans
Beets
Fresh Fruit
5

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

August 22: Birthday Celebration



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