

SEPTEMBER | 2019



Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AGEWELL CLOSED	3 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	4 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6	5 Roast beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll & Margarine 6	6 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6
9 Ale Battered Fish Potatoes Coleslaw Spiced Apples 6	10 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5	11 Mashed Potatoes with Ham Mixed Vegetables Cobbler Fruited Yogurt 8	12 Spaghetti & Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6	13 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7
16 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	17 Homemade Mac and Cheese Asparagus Diced Beets Fruit Crisp 7	18 Fashioned Meat Loaf Mashed Potato Peas Normandy Veggies Peaches Sweet Bread 5	19 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 6	20 Walking Taco Mexican Rice Corn & Peppers Fresh Fruit 7
23 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7	24 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4	25 Hamburger on a Bun Baked Beans Broccoli Diced Pears 6	26 Salisbury steak Mashed Potatoes Peas Fruit Cocktail Birthday Cake 9	27 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Dinner Roll/Margarine 6
30 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8	1	2	3	4 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

September 2: AgeWell
Closed; Labor Day

September 26: Birthday
Celebration



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