

AUGUST | 2020

Main Menu-Sites




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8	4	5 Hotdog W/Bun Peas Cauliflower Fresh Fruit Fig Newton 6	6	7 S&S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7
10 Quiche Red Roasted Potatoes Succotash Apricots 6	11	12 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6	13	14 Sliced Ham Sweet potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7
17 Pork BBQ Wheat Burger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	18	19 Roast Beef with Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Margarine 6	20	21 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6
24 Sloppy Joe Wheat Burger Bun Euro Blend Wax Beans Fresh Fruit 5	25	26 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	27	28 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7
30 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	1	2	3  (231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org	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

Aug.27-Birthday Celebration

Reminders for picking up
To-Go meals:

If your pickup location is
inside, please always
wear a mask

Please do not pick up a
meal if you have any
symptoms of COVID-19
Please practice social
distancing and wash or
sanitize hands regularly

Thank you for respecting
and keeping our
employees and
volunteers safe and
healthy!