


# SEPTEMBER | 2020



## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b>	<b>1</b> Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7	<b>2</b> Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 6	<b>3</b> Walking Taco Mexican Rice Corn W/ Peppers Fresh Fruit 7	<b>4</b> Meatloaf & Gravy Mashed Potato Peas Normandy Veggies Peaches Sweet Bread & Margarine 5
<b>7</b> AGEWELL CLOSED	<b>8</b> Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7	<b>9</b> Hamburger Bun Potatoes Broccoli Pears 6	<b>10</b> Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4	<b>11</b> Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8
<b>14</b> Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8	<b>15</b> Pork Chops & Gravy Mashed potato Corn Peaches Wheat Bread/Margarine 7	<b>16</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	<b>17</b> S & S Meatballs White Rice Wax Beans Spinach Ambrosia Roll/Margarine 7	<b>18</b> Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6
<b>21</b> Chicken Diane White Rice Asparagus Beets Fresh Pear 5	<b>22</b> Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6	<b>23</b> Quiche Red Roasted Potatoes Succotash Apricots 6	<b>24</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Birthday Cake 7	<b>25</b> Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6
<b>28</b> Pork BBQ Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	<b>29</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	<b>30</b> Pork Chop Suey White Rice Corn Winter Squash Ambrosia Wheat Bread/Margarine 6	<b>1</b>  (231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org	<b>**</b> 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**  
Sept. 24-Birthday Celebration

Reminder: Due to  
COVID-19 Delivery  
Drivers will be taking  
precautions. Please  
note:

- Drivers will wear masks and sanitize between each delivery
- Drivers will leave meals on your patio or porch
- They will knock or ring your doorbell to let you know your meal is there
- They will wait until they see you are home before leaving the meal