

# OCTOBER | 2020



## Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>28</b></p>  <p>(231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org</p>	<p><del>28</del> The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p><b>30</b></p>	<p><b>1</b></p> <p>Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p><b>2</b></p> <p>Roast Beef with Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Margarine 6</p>
<p><b>5</b></p> <p>Sloppy Joe Wheat Burger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p><b>6</b></p> <p>Scalloped Potato W/ Ham Mixed Veggies Fruit Cobbler Watermelon 7</p>	<p><b>7</b></p> <p>Spaghetti &amp; Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p><b>8</b></p> <p>Oven Fried Fish Potato Coleslaw Spiced Apples 6</p>	<p><b>9</b></p> <p>Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>
<p><b>12</b></p> <p>Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p><b>13</b></p> <p>Macaroni &amp; Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p><b>14</b></p> <p>Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin &amp; Margarine 6</p>	<p><b>15</b></p> <p>Walking Taco Mexican Rice Corn W/ Peppers Fresh Fruit 7</p>	<p><b>16</b></p> <p>Meatloaf &amp; Gravy Mashed Potato Peas Normandy Veggies Peaches Sweet Bread &amp; Margarine 5</p>
<p><b>19</b></p> <p>Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p><b>20</b></p> <p>Hamburger Bun Potatoes Broccoli Pears 6</p>	<p><b>21</b></p> <p>Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4</p>	<p><b>22</b></p> <p>Salisbury Steak &amp; Gravy Mashed Potato Peas Fruit Cocktail Birthday Cake 8</p>	<p><b>23</b></p> <p>Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll/Margarine 6</p>
<p><b>26</b></p> <p>Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8</p>	<p><b>27</b></p> <p>Pork Chops &amp; Gravy Mashed potato Corn Peaches Wheat Bread/Margarine 7</p>	<p><b>28</b></p> <p>Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p><b>29</b></p> <p>S &amp; S Meatballs White Rice Wax Beans Spinach Ambrosia Roll/Margarine 7</p>	<p><b>30</b></p> <p>Hotdog 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

Oct.22 - 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