




DECEMBER | 2020

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	1 Pea Soup with Ham Cauliflower Corn Ambrosia 6	2 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	3 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	4 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6
7 BBQ Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	8 S&S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7	9 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	10 Pork Chops & Gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4	11 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8
14 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7	15 Quiche Red Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6	16 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Bread/Margarine 6	17 DTE Holiday Meals	18 Home-style Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6
21 Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7	22 Chili Con Carne Crackers Wax Beans Peas Tropical Fruit Shredded Cheese 5	23 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	24 AgeWell Closed	25 AgeWell Closed
28 AgeWell Closed	29 AgeWell Closed	30 AgeWell Closed	31 AgeWell Closed	1  (231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org

Menu
 Includes Low Fat Milk

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

Dec. 17 DTE Meals
 Dec.24-Jan.1 AgeWell Closed

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