

# NOVEMBER | 2020



## Main Menu

### MONDAY

- 2** Chicken Diane  
White Rice  
Asparagus  
Beets  
Fresh Pear  
5
- 9** Chili Con Carne  
Crackers  
Wax Beans  
Peas  
Tropical Fruit  
Shredded Cheese  
5
- 16** Scalloped Potato W/ Ham  
Mixed Veggies  
Fruit Cobbler  
Watermelon  
7
- 23** Meatloaf & Gravy  
Mashed Potato  
Peas  
Normandy Veggies  
Peaches  
Sweet Bread & Margarine  
5
- 30** Polish Sausage  
Hotdog Bun  
Sauerkraut  
Asparagus  
Applesauce  
4

### TUESDAY

- 3** Quiche  
Red Roasted Potatoes  
Succotash  
Apricots  
6
- 10** Chicken Cavatappi  
Garlic Bread  
Lima Beans  
Side Salad  
Applesauce  
6
- 17** Chicken Marsala  
Brown Rice  
Euro Blend  
Zucchini  
Fresh Fruit  
4
- 24** Oven Fried Chicken  
Red Roasted Potatoes  
Sautéed Cabbage  
Applesauce  
Corn Muffin & Margarine  
6

### WEDNESDAY

- 4** Cabbage Rolls  
Au Gratin Potatoes  
Peas & Carrots  
Applesauce  
Banana Pudding  
6
- 11** Roast Beef with Gravy  
Mashed Potatoes  
Cali Blend  
Green Beans  
Fruited Yogurt  
Dinner Roll/Margarine  
6
- 18** Spaghetti & Meat Sauce  
Garlic Bread  
Brussel Sprouts  
Carrots  
Fruited Jell-O  
6
- 25** Macaroni & Cheese  
Side Salad  
Asparagus  
Beets  
Fruit Crisp  
7

### THURSDAY

- 5** Sliced Ham  
Sweet Potatoes  
Peas  
Pineapple Tidbits  
Chocolate Pudding  
7
- 12** Pork Chop Suey  
White Rice  
Corn  
Winter Squash  
Ambrosia  
Wheat Bread/Margarine  
6
- 19** Swedish Meatballs  
Noodles  
Spinach  
Pineapple Tidbits  
Birthday Cake  
7
- 26** **AGEWELL  
CLOSED**
- 3** \*\*\*The Numbers reflect  
the carb count for each  
meal.  
1 carb count = 15g of  
carbohydrates

### FRIDAY

- 6** Home-style Goulash  
Garlic Bread  
Brussel Sprouts  
Wax Beans  
Fresh Fruit  
6
- 13** Tilapia  
Parsley Noodles  
Broccoli  
Coleslaw  
Peaches  
4
- 20** Oven Fried Fish  
Potato  
Coleslaw  
Spiced Apples  
6



### Menu

Includes Low Fat Milk

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

Meals Subject to Change

Nov. 19 - 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