



JANUARY | 2021

Main Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p>  <p>(231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 AgeWell Closed</p>
<p>4 Oven Fried Fish Potato Green Beans Fruit Cup 6</p>	<p>5 Swedish Meatballs Noodles Spinach Fruit Cup Pudding Cup 7</p>	<p>Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p>7 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4</p>	<p>Scalloped Potato W/ Ham Mixed Veggies Fruit Cobbler Watermelon 7</p>
<p>11 Meatloaf & Gravy Mashed Potato Peas Normandy Veggies Peaches Sweet Bread & Margarine 5</p>	<p>12 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 6</p>	<p>13 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>14 Sliced Turkey Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Bread & Margarine 7</p>	<p>15 Walking Taco Mexican Rice Corn & Peppers Fresh Fruit 7</p>
<p>18 AgeWell Closed</p>	<p>19 Hamburger W/Bun Baked Beans Broccoli Pears 6</p>	<p>20 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p>Salisbury Steak W/Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>22 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>
<p>25 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>26 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll & Butter 7</p>	<p>27 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>28 Pork Chops & Gravy Mashed Potatoes Peas Peaches Birthday Cake 4</p>	<p>29 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Jan. 1 AgeWell Closed
Jan. 18 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