

MAY | 2021

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Pork BBQ Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7	4 Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4	5 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruit Yogurt Dinner Roll/Margarine 6	6 Cavatappi Garlic Bread Lima Beans Salad Applesauce 6	7 Pork Chop Suey White Rice Corn Summer Squash Ambrosia Wheat Bread/Margarine 6
10 Sloppy Joe Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5	11 Scalloped Potatoes & Ham Mixed Veggies Fruit Cobbler Watermelon 7	12 Spaghetti & Meat sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 6	13 Ove Fried Fish Baked Potato Coleslaw Spiced Apples 6	14 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7
17 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	18 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7	19 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 6	20 Walking Taco Mexican Rice Corn W/ Peppers Fresh Fruit 7	21 Meatloaf/Gravy Mashed Potato Peas Normandy Veggies Peaches Sweet Bread & Margarine 5
24 Salisbury Steak/Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8	25 Citrus Salmon Brown Rice Green Beans Beets Mandarin Orange's Wheat Bread/Margarine 6	26 Hamburger Wheat Hamburger Bun Red Skin Potato Broccoli Pears 6	27 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit Birthday Cake 7	28 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4
31 AGEWELL CLOSED	1	2	3	** 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

5-27 Birthday Celebration
5-31 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

AgeWell
SERVICES

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