

# JUNE | 2021

## Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>31</b> AgeWell Closed</p>	<p><b>1</b> Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8</p>	<p><b>2</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p><b>3</b> S &amp; S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p><b>4</b> Pork Chops/Gravy Mashed Potatoes Corn Peaches Wheat Bread/Margarine 5</p>
<p><b>7</b> Quiche Red Roasted Potatoes Succotash Apricots 6</p>	<p><b>8</b> Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p><b>9</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding</p>	<p><b>10</b> Cabbage Rolls Au Gratin Potatoes Peas &amp; Carrots Applesauce Wheat Bread/Margarine 6</p>	<p><b>11</b> Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>
<p><b>14</b> Pork BBQ Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p><b>15</b> Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p><b>16</b> Roast Beef &amp; Gravy Mashed Potatoes Cali Blend Green Beans Fruit Yogurt Dinner Roll/Margarine 6</p>	<p><b>17</b> Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p><b>18</b> Pork Chop Suey White Rice Corn Summer Squash Ambrosia Wheat Bread/Margarine 6</p>
<p><b>21</b> Sloppy Joe Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p><b>22</b> Scalloped Potatoes &amp; Ham Mixed Veggies Fruit Cobbler Watermelon 7</p>	<p><b>23</b> Spaghetti &amp; Meat sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6</p>	<p><b>24</b> Oven Fried Fish Baked Potato Coleslaw Spiced Apples Birthday Cake 7</p>	<p><b>25</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>
<p><b>28</b> Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p><b>29</b> Macaroni &amp; Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p><b>30</b> Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin &amp; Margarine 6</p>	<p><b>1</b></p>	<p><b>2</b> **The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

### Menu

Includes Low Fat Milk

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

Meals Subject to Change  
6-24 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

**AgeWell**  
SERVICES

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