

JULY | 2021

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>1 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>2 Meatloaf & Gravy Mashed Potato Peas Normandy Veg Peaches Sweet Bread/Margarine 5</p>
<p>5 AgeWell Closed</p>	<p>6 Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>7 Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p>8 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 6</p>	<p>9 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>
<p>12 Quiche Red Roasted Potatoes Succotash Apricots 6</p>	<p>13 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>14 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7</p>	<p>15 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Wheat Bread/Margarine 6</p>	<p>16 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>
<p>19 Pork BBQ Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>20 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruit Yogurt Dinner Roll/Margarine 6</p>	<p>21 Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p>22 AgeWell Closed</p>	<p>23 Pork Chop Suey White Rice Corn Summer Squash Ambrosia Wheat Bread/Margarine 6</p>
<p>26 Sloppy Joe Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p>27 Scalloped Potatoes & Ham Mixed Veggies Fruit Cobbler Watermelon 7</p>	<p>28 Spaghetti & Meat sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6</p>	<p>29 Swedish Meatballs Noodles Spinach Pineapple Tidbits Birthday Cake 7</p>	<p>30 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

- 7-5 AgeWell Closed
- 7-22 AgeWell Closed
- 7-29 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

