

# OCTOBER | 2021



## Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |   |  |  |  |
|--|---|--|--|--|
| <p><b>27</b> **The Numbers reflect the carb count for each meal.<br/>1 carb count = 15g of carbohydrates</p>                                 | <p><b>28</b></p>  | <p><b>29</b></p>   | <p><b>30</b></p>   | <p><b>1</b> S &amp; S Meatballs<br/>White Rice<br/>Wax Beans<br/>Spinach<br/>Ambrosia<br/>Dinner Roll/Margarine<br/>7</p>        |
| <p><b>4</b> Chicken Diane<br/>White Rice<br/>Succotash<br/>Beets<br/>Applesauce<br/>4</p>  | <p><b>5</b> Home-style Goulash<br/>Garlic Bread<br/>Brussel Sprouts<br/>Wax Beans<br/>Fresh Fruit<br/>6</p>           | <p><b>6</b> Quiche<br/>Red Roasted Potatoes<br/>Cauliflower<br/>Side Salad<br/>Apricots<br/>Muffin/Margarine<br/>6</p> | <p><b>7</b> Sliced Ham<br/>Sweet Potatoes<br/>Peas<br/>Pineapple Tidbits<br/>Banana Pudding<br/>7</p>                  | <p><b>8</b> Cabbage Rolls<br/>Au Gratin Potatoes<br/>Peas &amp; Carrots<br/>Mandarin Oranges<br/>Dinner Roll/Margarine<br/>6</p> |
| <p><b>11</b> Pot Roast &amp; Gravy<br/>Mashed Potatoes<br/>Cali Blend<br/>Green Beans<br/>Fruited Yogurt<br/>Dinner Roll/Margarine<br/>6</p> | <p><b>12</b> Chili Con Carne<br/>Crackers<br/>Wax Beans<br/>Peas<br/>Tropical Fruit<br/>Shredded Cheese<br/>5</p>     | <p><b>13</b> Cavatappi<br/>Garlic Bread<br/>Lima Beans<br/>Salad<br/>Applesauce<br/>6</p>                              | <p><b>14</b> Pork Chop Suey<br/>White Rice<br/>Corn<br/>Summer Squash<br/>Ambrosia<br/>Wheat Bread/Margarine<br/>6</p> | <p><b>15</b> Tilapia<br/>Parsley Noodles<br/>Broccoli<br/>Coleslaw<br/>Peaches<br/>4</p>   |
| <p><b>18</b> Scalloped Potatoes<br/>W/Ham<br/>Mixed Vegetables<br/>Fruit Cobbler<br/>Fruited yogurt<br/>7</p>                                | <p><b>19</b> Spaghetti &amp; Meat sauce<br/>Garlic Bread<br/>Brussel Sprouts<br/>Carrots<br/>Fruited Jell-O<br/>6</p> | <p><b>20</b> Oven Fried Fish<br/>Baked Potato<br/>Coleslaw<br/>Spiced Apples<br/>6</p>                                 | <p><b>21</b> Swedish Meatballs<br/>Noodles<br/>Spinach<br/>Pineapple Tidbits<br/>Bread Pudding<br/>7</p>               | <p><b>22</b> Chicken Marsala<br/>Brown Rice<br/>Euro Blend<br/>Zucchini<br/>Fresh Fruit<br/>4</p>                                |
| <p><b>25</b> Pea Soup with Ham<br/>Cauliflower<br/>Corn<br/>Ambrosia<br/>6</p>   | <p><b>26</b> All American Burger<br/>Hamburger Bun<br/>Baked Beans<br/>Broccoli<br/>Pears<br/>6</p>                   | <p><b>27</b> Citrus Salmon<br/>Brown Rice<br/>Lima Beans<br/>Coleslaw<br/>Mandarin Oranges<br/>6</p>                   | <p><b>28</b> Salisbury Steak/Gravy<br/>Mashed Potatoes<br/>Peas<br/>Fruit Cocktail<br/>Birthday Cake<br/>8</p>         | <p><b>29</b> Stuffed Chicken<br/>Rice Pilaf<br/>Asparagus<br/>Carrots<br/>Fresh Fruit<br/>5</p>                                  |

### Menu

Includes Low Fat Milk

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

**Meals Subject to Change**  
10-28 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

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