

NOVEMBER | 2021



Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	2 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7	3 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	4 Pork Chop & Gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4	5 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8
8 Chicken Diane White Rice Succotash Beets Applesauce 4	9 Home-style Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	10 Quiche Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6	11 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7	12 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Dinner Roll/Margarine 6
15 Pot Roast & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Margarine 6	16 Chili Con Carne Crackers Wax Beans Peas Tropical Fruit Shredded Cheese 5	17 Cavatappi Garlic Bread Lima Beans Salad Applesauce 6	18 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Birthday Cake	19 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5
22 Scalloped Potato W/ Ham Mixed Veggies Fruited Cobbler Fruited Yogurt 8	23 Spaghetti W/Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6	24 Battered Fish Baked Potato Coleslaw Spiced Apples 6	25 AGEWELL CLOSED	26 AGEWELL CLOSED
28 Homemade Macaroni & Cheese Side Salad Asparagus Beets Diced Pears 5	30 Old Fashioned Meatloaf Mashed Potato Peas Normandy Blend Diced Peaches Sweet Bread/Margarine 5	1	2	***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
11-18 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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