



DECEMBER | 2021

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Chicken Tenders Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin w/Margarine 5</p>	<p>2 Walking Taco Mexican Rice Corn w/peppers Fresh Fruit 7</p>	<p>3 Sliced Turkey & Gravy Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Bread w/Margarine 7</p>
<p>6 All American Burger Hamburger Bun Baked Beans Broccoli Pears 6</p>	<p>7 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>	<p>8 Salisbury steak w/Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>9 Pea Soup & Ham Cauliflower Corn Ambrosia 6</p>	<p>10 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>
<p>13 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>14 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll w/ Margarine 7</p>	<p>15 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p>16 <u>DTE MEAL</u> Cranberry Brie Stuffed Chicken Red Skin Mashed Prince Charles Veggies Applesauce Dinner Roll w/Margarine</p>	<p>17 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>
<p>20 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Bread w/ Margarine 6</p>	<p>21 Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p>22 Quiche Red Skin Potatoes Cauliflower Side Salad Apricots Muffin w/ Margarine 6</p>	<p>23 Home style Goulash Garlic Bread Brussel sprouts Wax Beans Fresh Fruit 6</p>	<p>24 AGEWELL CLOSED</p>
<p>27 AGEWELL CLOSED</p>	<p>28 Chicken Cavatappi Garlic Bread Lima Beans Green Beans Applesauce 6</p>	<p>29 Baked Fish Baked Potato Broccoli Peaches 6</p>	<p>30 AGEWELL CLOSED</p>	<p>31 AGEWELL CLOSED</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

12-16 DTE Meal
12-24, 12-27, 12-30, 12-31
AgeWell Closed For Holidays

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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