



JANUARY | 2022

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Scalloped Potato W/ Ham Mixed Veggies Fruited Cobbler Fruited Yogurt 8	4 Spaghetti W/Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6	5 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4	6 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7	7 Battered Fish Baked Potato Coleslaw Spiced Apples 6
10 Homemade Macaroni & Cheese Side Salad Asparagus Beets Diced Pears 5	11 Old Fashioned Meatloaf Mashed Potato Peas Normandy Blend Diced Peaches Sweet Bread/Margarine 5	12 Sliced Turkey & Gravy Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Bread & Margarine 7	13 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7	14 Chicken Tenders Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 5
17 AGEWELL SERVICES CLOSED	18 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	19 All American Burger Hamburger Bun Baked Beans Broccoli Pears 6	20 Salisbury steak w/Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	21 Pea Soup & Ham Cauliflower Corn Ambrosia 6
24 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	25 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll w/ Margarine 7	26 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	27 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Birthday Cake 8	28 Pork Chops & Gravy Mashed Potatoes Peas Peaches Wheat Bread & Margarine 4
31 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Bread w/ Margarine 6	1	2	3	** 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

1-17 AgeWell Closed

1-27 Birthday Cake

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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