

# APRIL | 2022

## Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28  *** 1 carb count = 15g of carbohydrates	29	30	31	1 carb count = 5 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit
4 carb count = 5 Homemade Macaroni & Cheese Side Salad Asparagus, Beets Diced Pears	5 carb count = 6 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread	6 carb count = 5 Old Fashioned Meatloaf Mashed Potatoes, Peas Normandy Blend Diced Peaches Sweet Bread/Marg.	7 carb count = 6 Oven Fried Chicken Red Roast Potatoes Sautéed Cabbage Applesauce, Corn Muffin/Margarine	8 carb count = 7 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit
11 carb count = 5 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit	12 carb count = 6 All American Burger Hamburger Bun Baked Beans Broccoli Pears	13 carb count = 6 Citrus Salmon Brown Rice Green Beans, Beets Mandarin Oranges Dinner Roll/Margarine	14 carb count = 8 Salisbury steak w/Gravy Mashed Potatoes, Peas Fruit Cobbler Fruit Cocktail	15 carb count = 4 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce
18 carb count = 5 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O	19 carb count = 7 S & S Meatballs White Rice Wax Beans, Spinach Ambrosia Dinner Roll/Margarine	20 carb count = 6 Hotdog, Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton	21 carb count = 8 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp	22 carb count = 5 Pork Chops & Gravy Mashed Potatoes Corn, Peaches Wheat Bread/ Margarine
25 carb count = 6 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Chocolate Pudding	26 carb count = 7 Sliced Ham Sweet Potatoes, Peas Pineapple Tidbits Wheat Bread /Margarine	27 carb count = 5 Chicken Diane White Rice Asparagus Beets Applesauce	28 carb count = 7 Frittata Red Skin Potatoes Succotash Apricots Birthday Cake	29 carb count = 6 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

4-28 Birthday Celebration

**Reminder:**

Due to COVID-19  
Delivery Drivers will  
be taking precautions.  
Please note drivers will:

- wear masks and sanitize between each delivery.
- leave meals on your patio or porch.
- knock or ring your doorbell to let you know your meal is there.
- will wait until they see you are home before leaving the meal.

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