

MAY | 2022

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Pork Chop Suey Rice Corn Winter Squash Ambrosia Wheat Bread/Margarine 6	3 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll & Margarine 6	4 Pork BBQ Wheat Hamburger Bun Baked Beans Wav Beans Tropical Fruit String Cheese 7	5 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6	6 Garlic & Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4
9 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5	10 Battered Fish Baked Potato Coleslaw Spiced Apples 6	11 Spaghetti W/Meat Sauce Garlic Bread Brussels sprouts Carrots Fruited Jell-O 6	12 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7	13 Scalloped Potato W/ Ham Mixed Veggies Fruited Cobbler Watermelon 7
16 Homemade Macaroni & Cheese Side Salad Asparagus Beets Diced Pears 5	17 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6	18 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6	19 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7	20 Old Fashioned Meatloaf Mashed Potato Peas Normandy Blend Diced Peaches Sweet Bread/Margarine 5
23 Salisbury steak w/Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	24 Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4	25 All American Burger Hamburger Bun Baked Beans Broccoli Pears 6	26 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit Birthday Cake 6	27 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Dinner Roll/Margarine 6
30 AGEWELL CLOSED	31 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8	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

5-26 Birthday Celebration
5-30 AgeWell Closed

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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