

JUNE | 2022

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> <p>*** 1 carb count = 15g of carbohydrates</p>	<p>31</p>	<p>1 carb count = 5 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O</p>	<p>2 carb count = 5 Pork Chops & Gravy Mashed Potatoes Corn, Peaches Wheat Bread & Margarine</p>	<p>3 carb count = 7 S & S Meatballs White Rice Wax Beans, Spinach Ambrosia Dinner Roll/Marg.</p>
<p>6 carb count = 6 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges</p>	<p>7 carb count = 5 Chicken Diane White Rice Asparagus Beets Applesauce</p>	<p>8 carb count = 6 Frittata Red Skin Potatoes Succotash Apricots</p>	<p>9 carb count = 6 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Chocolate Pudding</p>	<p>10 carb count = 7 Sliced Ham Sweet Potatoes, Peas Pineapple Tidbits Wheat Bread/ Margarine</p>
<p>13 carb count = 6 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce</p>	<p>14 carb count = 6 Roast Beef & Gravy Mashed Potatoes Cali Blend, Green Beans Fruited Yogurt Wheat Roll/Margarine</p>	<p>15 carb count = 6 Pork Chop Suey, Rice Corn, Winter Squash Ambrosia Wheat Bread/ Margarine</p>	<p>16 carb count = 7 Pork BBQ/Wheat Bun Baked Beans Wax Beans Tropical Fruit String Cheese</p>	<p>17 carb count = 4 Garlic & Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches</p>
<p>20 carb count = 6 Battered Fish Baked Potato Coleslaw Spiced Apples</p>	<p>21 carb count = 5 Sloppy Joe/Wheat Bun Euro Blend Wax Beans Fresh Fruit</p>	<p>22 carb count = 7 Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding</p>	<p>23 carb count = 7 Spaghetti/Meat Sauce Garlic Bread Brussels Sprouts Carrots, Fruited Jell-O Birthday Cake</p>	<p>24 carb count = 7 Scalloped Potato W/ Ham Mixed Veggies Fruited Cobbler Watermelon</p>
<p>27 carb count = 6 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread</p>	<p>28 carb count = 5 Homemade Macaroni & Cheese Side Salad Asparagus, Beets Diced Pears</p>	<p>29 carb count = 7 Walking Taco Mexican Rice Corn with Peppers Fresh Fruit</p>	<p>30 carb count = 6 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine</p>	<p>1</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

6-23 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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