

JULY | 2022

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|---|---|---|
| <p>*** 1 carb count = 15g of carbohydrates</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>1 Meatloaf Mashed Potato Peas Normandy Blend Diced Peaches Sweet Bread/Margarine 5</p> |
| <p>4 AGEWELL CLOSED</p> | <p>5 Salisbury Steak/Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8</p> | <p>6 Citrus Salmon Brown Rice Green Beans Coleslaw Mandarin Oranges Wheat Bread/Margarine 6</p> | <p>7 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p> | <p>8 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Diced Peas 6</p> |
| <p>11 Pork Chops & Gravy Mashed Potatoes Corn, Peaches Wheat Bread & Margarine 5</p> | <p>12 Bourbon Chicken White Rice Winter Squash Three Bean Salad Fruit Crisp 8</p> | <p>13 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p> | <p>14 AGEWELL CLOSED</p> | <p>15 Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p> |
| <p>18 Frittata Red Skin Potatoes Succotash Apricots 6</p> | <p>19 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p> | <p>20 Chicken Diane White Rice Asparagus Beets Applesauce 5</p> | <p>21 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Chocolate Pudding 6</p> | <p>22 Sliced Ham Sweet Potatoes, Peas Pineapple Tidbits Wheat Bread/ Margarine 7</p> |
| <p>25 Pork BBQ/Wheat Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p> | <p>26 Roast Beef & Gravy Mashed Potatoes Cali Blend, Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p> | <p>27 Garlic & Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p> | <p>28 Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce Birthday Cake 7</p> | <p>29 Pork Chop Suey, Rice Corn, Winter Squash Ambrosia Wheat Bread/ Margarine 6</p> |

Menu includes Low Fat Milk

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

Meals Subject to Change

7-4 AgeWell Closed
7-14 AgeWell Closed
7-28 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.

AgeWell SERVICES 231-755-0434
800-442-6769
www.agewellservices.org