

# SEPTEMBER | 2022



## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*** 1 carb count = 15g of carbohydrates</p>			<p><b>1</b> Chicken Diane White Rice Asparagus Beets Applesauce 5</p>	<p><b>2</b> Sliced Ham Sweet Potatoes, Peas Pineapple Tidbits Wheat Bread/ Margarine 7</p>
<p><b>5</b> AGEWELL CLOSED</p>	<p><b>6</b> Pork BBQ/Wheat Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p><b>7</b> Chicken Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p><b>8</b> Pork Chop Suey, Rice Corn, Winter Squash Ambrosia Wheat Bread/ Margarine 6</p>	<p><b>9</b> Roast Beef &amp; Gravy Mashed Potatoes Cali Blend, Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>
<p><b>12</b> Scalloped Potato W/ Ham Mixed Veggies Fruited Cobbler Watermelon 7</p>	<p><b>13</b> Battered Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p><b>14</b> Spaghetti/Meat Sauce Garlic Bread Brussels Sprouts Carrots Fruited Jell-O 7</p>	<p><b>15</b> Sloppy Joe/Wheat Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p><b>16</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>
<p><b>19</b> Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p><b>20</b> Walking Taco Mexican Rice Corn with Peppers Fresh Fruit 7</p>	<p><b>21</b> Homemade Macaroni &amp; Cheese Side Salad Asparagus, Beets Diced Pears 5</p>	<p><b>22</b> Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine Birthday Cake 7</p>	<p><b>23</b> Meatloaf/Gravy Mashed Potato Peas Normandy Veg Peaches, Sweet Bread W/Margarine 5</p>
<p><b>26</b> Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>	<p><b>27</b> Citrus Salmon Brown Rice Green Beans Coleslaw Mandarin Oranges Wheat Bread/Margarine 6</p>	<p><b>28</b> Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p><b>29</b> Salisbury Steak/Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8</p>	<p><b>30</b> Hamburger Hamburger Bun Red Skin Potatoes Broccoli Diced Pears 6</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**  
9-5 AgeWell Closed  
9-22 Birthday Celebration



231-755-0434  
800-442-6769  
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