

OCTOBER | 2022

Main Menu



MONDAY

3 Bourbon Chicken
White Rice
Winter Squash
Three Bean Salad
Fruit Crisp
8

10 Sliced Ham
Sweet Potatoes
Peas
Pineapple Tidbits
Wheat
Bread/Margarine
7

17 Pork BBQ
Hamburger Bun
Baked Beans
Wax Beans
Tropical Fruit
String Cheese
7

24 Oven Fried Fish
Baked Potato
Coleslaw
Spiced Apples
6

31 Meatloaf & Gravy
Mashed Potatoes
Peas
Normandy Blend
Peaches
Sweet Bread/Margarine
5

TUESDAY

4 S & S Meatballs
White Rice
Wax Beans
Spinach
Ambrosia
7

11 Chicken Diane
White Rice
Asparagus
Beets
Fresh Fruit
5

18 Cavatappi
Garlic Bread
Lima Beans
Salad
Applesauce
6

25 Spaghetti/Meat
Sauce
Garlic Bread
Brussels Sprouts
Carrots
Fruited Jell-O
7

1

WEDNESDAY

5 Pork Chops & Gravy
Mashed Potatoes
Corn, Peaches
Wheat Bread &
Margarine
6

12 Cabbage Rolls
Au Gratin Potatoes
Peas & Carrots
Applesauce
Chocolate Pudding
6

19 Roast Beef & Gravy
Mashed Potatoes
Cali Blend
Green Beans
Fruited Yogurt
Roll/Margarine
6

26 Sloppy Joe/Wheat
Bun
Euro Blend
Wax Beans
Fresh Fruit
5

2

THURSDAY

6 Chicken Wings
Baked Potato
Sautéed Cabbage
Tomato Salad
Fruited Jell-O
5

17 **AGEWELL
CLOSED**

20 Pork Chop Suey
White Rice
Corn
Winter Squash
Ambrosia
Wheat Bread/Margarine
6

27 Swedish Meatballs
Noodles
Spinach
Pineapple Tidbits
Birthday Cake
7

3

FRIDAY

7 Hot Dog
Hot Dog Bun
Peas
Cauliflower
Fresh Fruit
Fig Newton
6

14 Chicken Salad
Wheat Croissant
Coleslaw
Mandarin Oranges
6

21 Tilapia
Parsley Noodles
Broccoli
Coleslaw
Peaches
4

28 Scalloped Potato
W/ Ham
Mixed Veggies
Fruited Cobbler
Watermelon
7

4 *** 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**

**10-13 AgeWell Closed for
Training**

10-27 Birthday Celebration

AgeWell
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