

# NOVEMBER | 2022



## Main Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|  |  |  |   |   |
|--|--|--|---|---|
| <p><b>31</b></p>   | <p><b>1</b> Oven Fried Chicken<br/>Red Roasted Potatoes<br/>Sautéed Cabbage<br/>Applesauce<br/>Corn Muffin/Margarine<br/>6</p> | <p><b>2</b> Homemade Macaroni<br/>&amp; Cheese<br/>Side Salad<br/>Asparagus, Beets<br/>Diced Pears<br/>5</p>                           | <p><b>3</b> Walking Taco<br/>Mexican Rice<br/>Corn with Peppers<br/>Fresh Fruit<br/>7</p>                               | <p><b>4</b> Chicken Bowtie Pasta<br/>Carrot Raisin Salad<br/>Mixed Fruit<br/>Sweet Bread<br/>6</p>                      |
| <p><b>7</b> Citrus Salmon<br/>Brown Rice<br/>Green Beans<br/>Coleslaw<br/>Mandarin Oranges<br/>Wheat Bread/Margarine<br/>6</p> | <p><b>8</b> Stuffed Chicken<br/>Rice Pilaf<br/>Corn<br/>Carrots<br/>Fresh Fruit<br/>7</p>                                      | <p><b>9</b> Split Pea &amp; Ham Soup<br/>Cauliflower<br/>Corn<br/>Ambrosia<br/>6</p>   | <p><b>10</b> Hamburger<br/>Hamburger Bun<br/>Red Skin Potatoes<br/>Broccoli<br/>Diced Pears<br/>6</p>                   | <p><b>11</b> Salisbury Steak/Gravy<br/>Mashed Potato<br/>Peas<br/>Fruit Cobbler<br/>Fruit Cocktail<br/>8</p>            |
| <p><b>14</b> Bourbon Chicken<br/>White Rice<br/>Winter Squash<br/>Three Bean Salad<br/>Fruit Crisp<br/>8</p>                   | <p><b>15</b> S &amp; S Meatballs<br/>White Rice<br/>Wax Beans<br/>Spinach<br/>Ambrosia<br/>7</p>                               | <p><b>16</b> Lasagna<br/>Garlic Bread<br/>Corn<br/>Cauliflower<br/>Fresh Fruit<br/>Fig Newton<br/>7</p>                                | <p><b>17</b> Sliced Turkey &amp;<br/>Cornbread Stuffing<br/>Green Beans<br/>Cranberry Sauce<br/>Birthday Cake<br/>7</p> | <p><b>18</b> Pork Chops &amp; Gravy<br/>Mashed Potatoes<br/>Corn, Peaches<br/>Wheat Bread &amp;<br/>Margarine<br/>6</p> |
| <p><b>21</b> Cabbage Rolls<br/>Au Gratin Potatoes<br/>Peas &amp; Carrots<br/>Applesauce<br/>Chocolate Pudding<br/>6</p>        | <p><b>22</b> Sliced Ham<br/>Sweet Potatoes<br/>Peas<br/>Pineapple Tidbits<br/>Banana Pudding<br/>7</p>                         | <p><b>23</b> Goulash<br/>Garlic Bread<br/>Brussel Sprouts<br/>Wax Beans<br/>Fresh Fruit<br/>6</p>                                      | <p><b>24</b> <b>AGEWELL<br/>CLOSED</b></p>  | <p><b>25</b> <b>AGEWELL<br/>CLOSED</b></p>  |
| <p><b>28</b> Cavatappi<br/>Garlic Bread<br/>Lima Beans<br/>Salad<br/>Applesauce<br/>6</p>                                      | <p><b>29</b> Tilapia<br/>Parsley Noodles<br/>Broccoli<br/>Coleslaw<br/>Peaches<br/>4</p>                                       | <p><b>30</b> Roast Beef &amp; Gravy<br/>Mashed Potatoes<br/>Cali Blend<br/>Green Beans<br/>Fruited Yogurt<br/>Roll/Margarine<br/>6</p> | <p><b>1</b></p>   | <p><b>2</b> *** 1 carb count =<br/>15g of carbohydrates</p>   |

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**11-17 Birthday  
Celebration**

**11-24 & 11-25 AgeWell  
Closed**

  
**AgeWell**  
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