



DECEMBER | 2022

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28*** 1 carb count = 15g of carbohydrates	29	30	1 Chili Con Carne Crackers Wax Beans Peas Tropical Fruit 5	2 Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7
5 Scalloped Potatoes and Ham Mixed Veggies Fruit Cobbler Fruited Yogurt 8	6 Battered Fish Baked Potato Coleslaw Spiced Apples 6	7 Swedish Meatballs Noodles Spinach Pineapple tidbits Bread Pudding 7	8 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4	9 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6
12 Homemade Mac N' Cheese Side Salad Asparagus Beets Pears 5	13 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5	14 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7	15 DTE DINNER Cranberry Brie Chicken Mashed Potatoes /Gravy Prince Charles Veggies Cinnamon Applesauce Caesar Salad Roll/Margarine Peanut Butter Pie	16 Meatloaf Mashed Potatoes & Gravy Peas Normandy Blend Peaches Sweet Bread/Margarine 5
19 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	20 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	21 Salisbury Steak/Gravy Mashed Potatoes Peas Fruited Cobbler Fruit Cocktail 8	22 Peas Soup & Ham Cauliflower Corn Ambrosia 6	23 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5
26 AGEWELL CLOSED	27 AGEWELL CLOSED	28 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	29 AGEWELL CLOSED	30 AGEWELL CLOSED

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

12-15 DTE Energy Dinner

**12-26 & 12-27 AgeWell
Closed**

**12-29 & 12-30 AgeWell
Closed**


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