

SEPTEMBER | 2023



Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 *** 1 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Diced Pears 6</p>
<p>4 AGEWELL CLOSED</p>	<p>5 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p>6 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p>7 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>8 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>11 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p>12 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>13 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7</p>	<p>14 Cabbage Roll Au Gratin Potatoes Peas & Carrots Applesauce Chocolate Pudding 6</p>	<p>15 Frittata Red Roasted Potatoes Succotash Apricots 6</p>
<p>18 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>19 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p>20 Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p>21 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>22 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>
<p>25 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>26 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>27 Sloppy Joe Burger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p>28 Mashed Potatoes & Ham Mixed Vegetables Fruit Cobbler Watermelon Birthday Cake 8</p>	<p>29 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**9-4 AgeWell Closed
9-28 Birthday Celebration**



****Please remember
Holiday meals will only
be sent to those in
highest need which is
very few participants**

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www.agewellservices.org