

NOVEMBER | 2023



Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 *** 1 carb count = 15g of carbohydrates	31	1 Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7	2 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Margarine 6	3 Garlic Herb Tilapia Egg Noodles Corn Coleslaw Peaches 5
6 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	7 Beer Battered Fish Baked Potato Coleslaw Spiced Apples 6	8 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4	9 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7	10 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8
16 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5	14 Homemade Mac & Cheese Side Salad Asparagus Beets Pears 5	15 Meatloaf Mashed Potato & Gravy Peas Normandy Blend Peaches Sweet Bread/Margarine 5	16 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7	17 Sliced Turkey & Gravy Stuffing Green Beans Cali Blend Veggies Cranberry Sauce Dinner Roll/Margarine 7
20 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	25 Salisbury Steak & Gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4	22 Hamburger Wheat Bun Baked Beans Broccoli Diced Pears 6	27 AGEWELL CLOSED	24 AGEWELL CLOSED
27 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	28 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	29 Pork Chops & Gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4	30 S & S Meatballs Rice Wax Beans Spinach Ambrosia Birthday Cake 7	1

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**11-23 AgeWell Closed
11-24 AgeWell Closed
11-30 Birthday Celebration**



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

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