



DECEMBER | 2023

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27*** 1 carb count = 15g of carbohydrates	28	29	30	1 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8
4 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6	5 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	6 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7	7 Frittata Red Roasted Potatoes Cauliflower Side Salad Apricots 6	8 Chicken Diane White Rice Blended Veggies Beets Applesauce 4
11 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5	12 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5	13 Chicken Cavatappi Garlic Bread Blended Veggies Side Salad Mandarin Oranges 6	14 DTE Dinner Cranberry Brie Chicken Mashed Potatoes & Gravy Prince Charles Veggies Side Caesar Salad Dinner Roll/Margarine Dessert	15 Meatloaf Mashed Potato & Gravy Peas Normandy Blend Peaches Sweet Bread/Margarine 5
18 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7	19 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	20 Beer Battered Fish Baked Potato Coleslaw Spiced Apples 6	21 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8	22 AGEWELL CLOSED
25 AGEWELL CLOSED	26 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7	27 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5	28 Homemade Mac & Cheese Side Salad Asparagus Beets Pears 5	29 AGEWELL CLOSED

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**12-14 DTE Dinner
12-22/12-25 AgeWell Closed
12-29/1-1 AgeWell Closed**



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

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