



JANUARY | 2024

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 AGEWELL CLOSED</p>	<p>2 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p>3 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>4 All American Burger Hamburger Bun Baked Beans Broccoli Diced Pears 6</p>	<p>5 Peas Soup & Ham Cauliflower Corn Ambrosia 6</p>
<p>8 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>9 Pork Chops & Gravy Mashed Potatoes Peas Peaches Wheat Bread/Margarine 4</p>	<p>10 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p>11 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p>12 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p>15 AGEWELL CLOSED</p>	<p>16 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>17 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>18 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7</p>	<p>19 Chicken Diane White Rice Blended Veggies Beets Applesauce 4</p>
<p>21 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>23 Meatloaf Mashed Potato & Gravy Peas Normandy Blend Peaches Sweet Bread/Margarine 5</p>	<p>24 Chicken Cavatappi Garlic Bread Blended Veggies Side Salad Mandarin Oranges 6</p>	<p>28 Roast Beef & Gravy Mashed Potato Cali Blend Green Beans Fruited Yogurt Birthday Cake 6</p>	<p>26 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>
<p>29 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p>30 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8</p>	<p>31 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>1</p>	<p>2 *** 1 carb count = 15g of carbohydrates</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**1-1 AgeWell Closed
1-15 AgeWell Closed
1-25 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