



FEBRUARY | 2024

Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Breaded Fish Baked Potato Coleslaw Spiced Apples 6	2 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4
5 Homemade Mac & Cheese Side Salad Asparagus Beets Diced Pears 5	6 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	7 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5	8 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7	9 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7
12 All American Burger Hamburger Bun Baked Beans Broccoli Diced Pears 6	13 Peas Soup & Ham Cauliflower Corn Ambrosia 6	14 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	15 Old Fashioned Meatloaf Mashed Potato Peas Blended Veggies Peaches Sweet Bread/Margarine 5	16 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6
19 AGEWELL CLOSED	20 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	21 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8	22 Pork Chops & Gravy Mashed Potatoes Peas Peaches Birthday Cake 4	23 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7
26 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6	27 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	28 Chicken Diane White Rice Blended Veggies Beets Applesauce 4	29 Frittata Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6	1 *** 1 carb count = 15g of carbohydrates

Menu includes
Low Fat Milk

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

Meals Subject
to Change

2-19 AgeWell Closed
2-22 Birthday Celebration



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

231-755-0434
800-442-6769
www.agewellservices.org