



MARCH | 2024

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 *** 1 carb count = 15g of carbohydrates	27	28	29	1 Sliced Ham Sweet Potatoes Peas & Carrots Mandarin Oranges 6
4 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5	5 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	6 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5	7 Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7	8 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6
11 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	12 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8	13 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7	14 Chicken Marsala Brown Rice Root Blend Veggies Zucchini Fresh Fruit 4	15 Breaded Fish Baked Potato Coleslaw Spiced Apples 6
18 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	19 Homemade Mac & Cheese Side Salad Asparagus Beets Diced Pears 5	20 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7	21 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Birthday Cake 5	22 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7
25 Peas Soup & Ham Cauliflower Corn Ambrosia 6	26 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8	27 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6	28 AGEWELL CLOSED	29 Fashioned Meatloaf Mashed Potato Peas Blended Veggies Peaches Sweet Bread/Margarine 5

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**3-21 Birthday Celebration
3-28 AgeWell Closed for
training**



****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**