

JULY | 2024

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Pork Chops W/Gravy Mashed Potatoes Corn Peaches Wheat Bread/Margarine 5</p>	<p>2 Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p>3 Chicken Wing Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>4 AGEWELL CLOSED</p>	<p>5 Hotdog Hotdog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>8 Frittata Red Roasted potatoes Asparagus Apricots 6</p>	<p>9 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>10 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Banana Pudding 6</p>	<p>11 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p>12 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Wheat Bread/Margarine 7</p>
<p>15 Herb Baked Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>	<p>16 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>17 Roast Beef & Gravy Mashed Potato Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>	<p>18 Pork BBQ Wheat Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>19 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>
<p>22 Sloppy Joe Wheat Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p>23 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Watermelon 7</p>	<p>24 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>25 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O Birthday Cake 7</p>	<p>26 Swedish Meatballs Egg Noodles Asparagus Pineapple Tidbits Bread pudding 7</p>
<p>29 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6</p>	<p>30 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>31 Chicken Bowtie Pasta Carrot Raisin Salad Fruit Cocktail Sweet Bread 6</p>	<p>1</p>	<p>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**

**7-4 AgeWell Closed
7-25 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