

SEPTEMBER | 2024



Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 AGEWELL CLOSED</p>	<p>3 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>4 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>5 Sloppy Joe Hamburger Bun Euro Blend Wax Beans Fresh Fruit 5</p>	<p>6 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Fresh Fruit 7</p>
<p>9 Meatloaf & Gravy Mashed Potatoes Peas Normandy Blend Diced Peaches Sweet Bread/Margarine 5</p>	<p>10 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>11 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread/Margarine 6</p>	<p>12 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>13 Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6</p>
<p>16 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p>17 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p>18 Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler 8</p>	<p>19 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Dinner Roll/Margarine 6</p>	<p>20 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4</p>
<p>23 Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p>24 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p>25 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Dinner Roll/Margarine 7</p>	<p>26 BBQ Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O Birthday Cake 6</p>	<p>27 Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>30 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4 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

9-2 Age Well Closed
9-26 Birthday Celebration

AgeWell
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