

OCTOBER | 2024



Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 carb count = 15g of carbohydrates</p>	<p>1 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>2 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>3 Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p>4 Sliced Ham Sweet Potatoes Asparagus Pineapple Tidbits Banana Pudding 7</p>
<p>7 Pork Chop Suey White Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7</p>	<p>8 Chicken Cavatappi Garlic Bread Squash Side Salad Applesauce 6</p>	<p>9 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>10 Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>	<p>11 Roast Beef & Gravy Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Wheat Roll/Margarine 6</p>
<p>14 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4</p>	<p>15 Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p>16 Scalloped Potato & Ham Mixed Vegetables Fruit Cobbler Fruited Yogurt 8</p>	<p>17 Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p>18 Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>
<p>21 Crispy Baked Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Bread Muffin/Margarine 5</p>	<p>22 Meatloaf Mashed Potato Broccoli Normandy Vegetable Peaches Sweet Bread/Margarine 5</p>	<p>23 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>24 AGEWELL CLOSED</p>	<p>25 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7</p>
<p>28 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p>29 Pea Soup & Ham Cauliflower Corn Ambrosia 6</p>	<p>30 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6</p>	<p>31 Salisbury Steak & Gravy Mashed Potatoes Green Beans Fruit Cocktail Birthday Cake 8</p>	<p>1</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**10-24 Age Well Closed
10-31 Birthday Celebration**



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