

NOVEMBER | 2024



Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>
<p>4 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>5 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p>6 Pork Chop & gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4</p>	<p>7 S & S Meatballs White Rice Wax Beans Spinach Ambrosia Wheat Roll/Margarine 7</p>	<p>8 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>
<p>11 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>12 Chicken Diane White Rice Root Blend Beets Applesauce 4</p>	<p>13 Sliced Ham Sweet Potato Peas Pineapple Tidbits Banana Pudding 7</p>	<p>14 Cabbage Rolls Au Gratin Potato Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>15 Frittata Red Roasted Potato Cauliflower Side Salad Apricots Muffin/Margarine 6</p>
<p>18 Chicken Cavatappi Garlic Bread Root Blend Side Salad Applesauce 6</p>	<p>19 Garlic Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5</p>	<p>20 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>21 Slow Roasted Beef & Gravy Mashed Potato Cali Blend Green Beans Fruited Yogurt Birthday Cake 6</p>	<p>22 Pork Chop Suey White Rice Broccoli Squash Ambrosia Wheat Bread/Margarine 7</p>
<p>25 Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4</p>	<p>26 Spaghetti & Meat Sauce Garlic Bread Root Blend Carrots Fruit Cocktail 6</p>	<p>27 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7</p>	<p>28 AGEWELL CLOSED</p>	<p>29 AGEWELL CLOSED</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**11-21 Birthday Celebration
11-28 & 29 AgeWell Closed**



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