



# JANUARY | 2025

## Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> carb count = 15g of carbohydrates</p>	<p><b>31</b></p>	<p><b>1</b> <b>AGEWELL CLOSED</b></p>	<p><b>2</b> Homemade Chili Crackers Wax beans Peas Tropical Fruit 5</p>	<p><b>3</b> Pot Roast Stew Mashed Potatoes Cali Blend Green Beans Fruit Yogurt Wheat Roll/Margarine 6</p>
<p><b>6</b> Scalloped Potato &amp; Ham Mixed Veggies Fruited Yogurt Butterscotch Pudding 8</p>	<p><b>7</b> Beer Battered Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p><b>8</b> Chicken Marsala Brown Rice Euro Blend Veggies Zucchini Fresh Fruit 4</p>	<p><b>9</b> Swedish Meatballs Egg Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>	<p><b>10</b> Spaghetti &amp; Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>
<p><b>13</b> Meatloaf &amp; Gravy Mashed Potato Peas Normandy Blend Veggies Peaches Sweet Bread/Margarine 5</p>	<p><b>14</b> Homemade Macaroni Side Salad Asparagus Beets Pears 5</p>	<p><b>15</b> Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Acorn Muffin/Margarine 5</p>	<p><b>16</b> Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p><b>17</b> Sliced Turkey &amp; Gravy Stuffing Green Beans Cali Blend Veggies Cranberry Sauce Wheat Roll/Margarine 7</p>
<p><b>20</b> <b>AGEWELL CLOSED</b></p>	<p><b>21</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>	<p><b>22</b> Pea Soup &amp; Ham Cauliflower Corn Ambrosia 6</p>	<p><b>23</b> Salisbury Steak &amp; Gravy Mashed Potato Peas Fruit Cocktail Birthday Cake 8</p>	<p><b>24</b> All American Hamburger Baked Beans Broccoli Pears 6</p>
<p><b>27</b> Bourbon Chicken White Rice Winter Squash Carrot Raisins Salad Fruit Crisp 8</p>	<p><b>28</b> Pork Chops &amp; Gravy Mashed Potato Peas Peaches Wheat Bread/Margarine 4</p>	<p><b>29</b> Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p><b>30</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p><b>31</b> S &amp; S Meatballs White Rice Wax Beans Spinach Ambrosia Wheat Roll/Margarine 7</p>

Menu includes  
Low Fat Milk

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

Meals Subject  
to Change

1-1-25 AgeWell Closed

1-20-25 AgeWell Closed

1-23-25 Birthday  
Celebration



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