

JULY | 2025

Main Menu



MONDAY

30 1 carb count = 15g
of carbohydrates

7 Hamburger
Hamburger Bun
Red Skin Potatoes
Broccoli
Pears
6

14 Pork Chops & Gravy
Mashed Potatoes
Corn
Peaches
Bread/Butter
5

21 Chicken Diane
White Rice
Asparagus
Beets
Diced Pears
5

28 Chicken Cavatappi
Garlic Bread
Lima Beans
Side Salad
Applesauce
6

TUESDAY

1 Meatloaf & Gravy
Mashed Potatoes
Asparagus
Capri Blend Veggies
Peaches
Sweet Bread/Butter
5

8 Stuffed Chicken
Rice Pilaf
Corn
Carrots
Fresh Fruit
7

15 Chicken Wings
Baked Potato
Sautéed Cabbage
Tomato Salad
Fruited Jell-O
5

22 Chicken Salad
Wheat Croissant
Coleslaw
Mandarin Oranges
6

29 Roast Beef & Gravy
Mashed Potatoes
Cali Blend
Green Beans
Fruited Yogurt
Wheat Roll/Butter
6

WEDNESDAY

2 Oven Fried Chicken
Red Roast Potatoes
Sautéed Cabbage
Applesauce
Corn Muffin/Butter
6

9 Polish Sausage
Hot Dog Bun
Sauerkraut
Asparagus
Applesauce
4

16 Bourbon Chicken
White Rice
Squash
Three Bean Salad
Fruit Crisp
8

23 Cabbage Rolls
Au Gratin Potatoes
Peas & Carrots
Applesauce
Banana Pudding
6

30 Pork BBQ
Hamburger Bun
Baked Beans
Wax Beans
Tropical Fruit
String Cheese
7

THURSDAY

3 Walking Taco
Mexican Rice
Corn W/Peppers
Fresh Fruit
7

10 Salisbury Steak &
Gravy
Mashed Potatoes
Peas
Fruit Cobbler
Fruit Cocktail
8

17 Hot Dog
Hot Dog Bun
Asparagus
Cauliflower
Fresh Fruit
Fig Newton
6

24 Sliced Ham
Sweet Potatoes
Peas
Pineapple Tidbits
Birthday Cake
7

31 Pork Chop Suey
White Rice
Corn
Squash
Ambrosia
Bread/Butter
6

FRIDAY

4 **AGEWELL
CLOSED**

11 BBQ Chicken Breast
Brown Rice
Green Beans
Beets
Mandarin Oranges
Wheat Roll/Butter
6

18 S & S Meatballs
White Rice
Wax Beans
Spinach
Ambrosia
Bread/Butter
8

25 Frittata
Red Roasted Potatoes
Succotash
Apricots
6

1

Menu includes
Low Fat Milk

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

Meals Subject
to Change

**7-4 AgeWell Closed
7-24 Birthday Celebration**



231-755-0434
800-442-6769

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