

OCTOBER | 2025

HDM Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 1 carb count = 15g of carbohydrates	30	1 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	2 Hamburger Hamburger Bun Baked Beans Broccoli Pears 6	3 Pea & Ham Soup Cauliflower Corn Ambrosia 6
6 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	7	8 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7	9	10 Bourbon Chicken White Rice Squash Carrot Raisins Salad Fruit Crisp 8
13 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7	14	15 Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges 6	16	17 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6
20 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5	21	22 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	23 AGEWELL CLOSED	24 Beet Pot Roast Mashed Potatoes Cali Blend Green Beans Fruited Yogurt Dinner Roll/Butter 6
27 Swedish Meatballs White Rice Spinach Pineapple Tidbits Bread Pudding 7	28	29 Ziti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	30	31 Scalloped Potatoes & Ham Mixed veggies Fruited Cobbler Fruited Yogurt 8

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**10-23 AgeWell Closed for
Training
9-30 Birthday Celebration**

Delivery Changes:
Starting October 6,
All routes are
delivered Monday,
Wednesday, Friday



231-755-0434
800-442-6769