



DECEMBER | 2025

HDM Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chop Suey White Rice Broccoli Squash Ambrosia Wheat bread/Butter 7	2	3 Beef Stew Mashed Potato's Cali Blend Green Beans Fruited Yogurt Dinner Roll/Butter 6	4	5 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5
8 Ziti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	9	10 Chicken Marsala Brown Rice Euro Blend Vegetables Zucchini Fresh Fruit 4	11	12 Swedish Meatballs Egg oodles Spinach Pineapple tidbits Bread Pudding 7
15 Homemade Macaroni & Cheese Three Bean Salad Asparagus Beets Pears 5	16	17 DTE Dinner Cranberry Brie Stuffed Chicken Mashed Potato & Gravy Prince Charles Vegetables Cinnamon Applesauce Cesar Salad Dinner Roll/Butter Peanut Butter Pie	18	19 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Butter 5
22 Salisbury Steak & Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8	23 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	24 AGEWELL CLOSED	25 AGEWELL CLOSED	26 AGEWELL CLOSED
29 Lasagna Garlic Bread Corn Cauliflower Fruit Cup Fig Newton 7	30	31 AGEWELL CLOSED	1 AGEWELL CLOSED	2 1 carb count = 15g of carbohydrates

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**12/17 DTE Dinner
12/23 HDM Delivery Day
12/24 AgeWell Closed
12/25 AgeWell Closed
12/26 AgeWell Closed
12/31 AgeWell Closed**

**Note: Due to the Holidays
we will be delivering on
Tuesday 12/23 for those
scheduled to receive a
meal on Friday 12/26.
No meals will be delivered
on Friday 12/26.**



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