

SEPTEMBER 2026

Home Delivered Meals Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

Bourbon Chicken
White Rice
Three Bean Salad
Fruit Crisp
8

3

4

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

7

**AGEWELL
CLOSED**

8

9

Sliced Ham
Sweet Potatoes
Peas
Pineapple Tidbits
Wheat Bread/Butter
7

10

11

Chicken Salad
Wheat Croissant
Coleslaw
Mandarin Oranges
6

14

Seasoned Chicken
Breast & Gravy
Red Roasted Potatoes
Cali Blend
Tropical Fruit
Dinner Roll/Butter
6

15

16

Beef Stew
Mashed Potatoes
Cali Blend
Green Beans
Fruited Yogurt
Dinner Roll
6

17

18

Chicken Cavatappi
Garlic Bread
Lima Beans
Broccoli
Applesauce
6

21

Chicken Bowtie Pasta
Carrot Raisin salad
Mixed Fruit
Sweet Bread/Butter
6

22

23

Oven Fried Chicken
Red Roasted Potatoes
Sautéed Cabbage
Applesauce
Corn Muffin/Butter
Birthday Cake
7

24

25

Walking Taco
Mexican rice
Corn W/Peppers
Fresh Fruit
7

28

Polish Sausage
Hot Dog Bun
Sauerkraut
Cali Blend
Applesauce
4

29

30

Salisbury Steak &
Gravy
Mashed Potato
Peas
Fruit Cobbler
8

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**9/7 AgeWell Closed
9/23 Birthday Celebration**

1 carb count = 15g of
carbohydrates



231-755-0434
800-442-6769