

SEPTEMBER 2026

Meal Site Main Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

2 Bourbon Chicken
White Rice
Three Bean Salad
Fruit Crisp
8

3 S & S Meatballs
Egg Noodles
Wax Beans
Asparagus
Ambrosia
Dinner Roll/Butter
7

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

7 **AGEWELL
CLOSED**

8 Chicken Diane
White Rice
Asparagus
Beets
Fresh Fruit
5

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

10 Cabbage Roll
Au Gratin Potatoes
Peas & Carrots
Applesauce
Banana Pudding
6

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

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

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

18 Chicken Cavatappi
Garlic Bread
Lima Beans
Broccoli
Applesauce
6

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

22 Meatloaf & Gravy
Mashed Potatoes
Normandy Veg
Peaches
Sweet Bread/Butter
5

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

24 Macaroni & Cheese
Carrots
Asparagus
Beets
Fruit Crisp
7

25 Walking Taco
Mexican rice
Corn W/Peppers
Fresh Fruit
7

28 Polish Sausage
Hot Dog Bun
Sauerkraut
Cali Blend
Applesauce
4

29 Stuffed Chicken
Rice Pilaf
Asparagus
Carrots
Fresh Fruit
5

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**

9/23 Birthday Celebration

1 carb count = 15g of
carbohydrates


AgeWell
SERVICES

231-755-0434
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