

# Age Well Senior Services

MENUS WITH MORE THAN  
2300 MG OF SODIUM FOR THE DAY  
(CONDIMENTS NOT INCLUDED)

## Home Delivered Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<h1>August 2018</h1>		<b>CANNELLONI</b> ITALIAN GREEN BEANS BUTTERED CARROT COINS <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA		<b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE <b>CAESAR SALAD</b> HARD BOILED EGG WHEAT BREAD FRESH FRUIT		<b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT	
				1	2	3			
<b>SLICED TURKEY AND GRAVY</b> CORN SPINACH <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS		<b>FISH FILET IN LEMON SAUCE</b> BROWN RICE CARROTS ORANGE JUICE <b>EGG SALAD SANDWICH ON WHEAT BREAD</b> COLESLAW FRESH FRUIT APPLE PIE		<b>CHICKEN NOODLE CASSEROLE</b> CALIFORNIA BLEND GREEN BEANS <b>PEPPER STEAK &amp; GRAVY</b> COUNTRY STYLE HASH BROWNS GREEN PEAS CHOCOLATE CHIP COOKIES		<b>MACARONI, HAM &amp; CHEESE</b> PEAS BAKED TOMATO HALF <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES		<b>TURKEY MEATLOAF WITH TOMATO SAUCE</b> MASHED POTATOES BROCCOLI <b>HAM SALAD SANDWICH ON WHEAT BREAD</b> TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT	
6	7	8	9	10					
<b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>TERIYAKI MEATBALLS OVER RICE</b> GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING		<b>SWISS STEAK AND GRAVY</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA SALAD SANDWICH ON WHEAT BREAD</b> FRESH FRUIT CHOCOLATE CHIP COOKIES		<b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>SALAMI SANDWICH ON WHEAT BREAD</b> COLESLAW ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR		<b>BAKED CHICKEN</b> SCALLOPED POTATOES CARROTS <b>ROTINI IN MEAT SAUCE</b> MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE VANILLA WAFERS		<b>SPAGHETTI &amp; MEATBALLS</b> CARROTS ITALIAN BLEND <b>CHICKEN NUGGETS</b> GREEN PEAS HASH BROWN POTATOES SLICED APPLES CHOCOLATE CAKE ORANGE PINEAPPLE JUICE	
13	14	15	16	17					
<b>BEEF STEAK W/ ONION GRAVY</b> MASHED POTATOES GREEN BEANS <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE		<b>MACARONI &amp; CHEESE</b> BROCCOLI CARROTS <b>HAM SANDWICH ON WHOLE WHEAT BREAD</b> TOSSED SALAD WITH DRESSING ORANGE JUICE APPLESAUCE FRUITY YOGURT		<b>TUNA NOODLE CASSEROLE</b> BOILED TOMATO HALF GREEN PEAS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES		<b>CHICKEN FETTUCCINI</b> GREEN BEANS HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES		<b>BBQ BEEF</b> BAKED BEANS HASH BROWNS <b>HARVEST VEGETABLE PLATE</b> ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL	
20	21	22	23	24					
<b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD</b> TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE		<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>EGG SALAD SANDWICH ON WHOLE WHEAT BREAD</b> BEETS WITH DRESSING CHOCOLATE PUDDING		<b>POLISH SAUSAGE</b> BAKED TOMATO COUNTRY STYLE HASH BROWNS <b>TERIYAKI CHICKEN OVER RICE</b> CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE		<b>TURKEY ENCHILADA CASSEROLE</b> SPANISH RICE GREEN PEAS <b>CHICKEN CACCIATORE OVER ROTINI</b> SPINACH MIXED VEGETABLES APPLE JUICE/FRESH FRUIT		<b>MEATLOAF &amp; GRAVY</b> BAKED POTATO MIXED VEGETABLES <b>CHILI OVER RICE</b> GREEN PEAS CORN & CARROTS TAPIOCA PUDDING ORANGE JUICE	
27	28	29	30	31					

# Age Well Senior Services

## Home Delivered Breakfast

**MONDAY**

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**FRIDAY**

		<h1>August 2018</h1>		<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">1</p>	<p>APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">2</p>	<p>ORANGE JUICE WAFFLES SYRUP JELLY MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">3</p>
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">6</p>	<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">7</p>	<p>ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">8</p>	<p>ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">9</p>	<p>ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">10</p>		
<p>ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">13</p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">14</p>	<p>ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">15</p>	<p>BANANA TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">16</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">17</p>		
<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">20</p>	<p>ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">21</p>	<p>FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">22</p>	<p>ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK</p> <p style="text-align: right;">23</p>	<p>ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK</p> <p style="text-align: right;">24</p>		
<p>FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">27</p>	<p>FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK</p> <p style="text-align: right;">28</p>	<p>ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">29</p>	<p>FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK</p> <p style="text-align: right;">30</p>	<p>BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK</p> <p style="text-align: right;">31</p>		