

Age Well Senior Services

Home Delivered Menu



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH



2019

BBQ BEEF
BAKED BEANS
HASH BROWNS
HARVEST VEGETABLE PLATE
ORANGE PINEAPPLE JUICE
WHEAT BREAD
OATMEAL COOKIES
FRUIT COCKTAIL

1

MEATLOAF & GRAVY
BAKED POTATO
CALIFORNIA BLEND VEGETABLES
CHILI
REFRIED BEANS
CORN
TAPIOCA PUDDING
ORANGE JUICE

4

**TURKEY ENCHILADA
CASSEROLE**
SPANISH RICE
BROCCOLI
**CHICKEN CACCIATORE
OVER ROTINI**
SPINACH
MIXED VEGETABLES
ORANGE/PINEAPPLE JUICE
FRESH FRUIT

5

SWISS STEAK
MASHED POTATOES
CAPRI BLEND VEGETABLES
**TUNA SALAD SANDWICH ON
WHOLE WHEAT BREAD**
TOMATOES WITH DRESSING
PINEAPPLE JUICE
FRESH APPLE

6

LEMON ROSEMARY CHICKEN
CREAMED SPINACH
BRUSSELS SPROUTS
**EGG SALAD SANDWICH ON
WHOLE WHEAT BREAD**
BEETS WITH DRESSING
CHOCOLATE PUDDING

7

POLISH SAUSAGE
BAKED TOMATO
COUNTRY STYLE HASH BROWNS
**TERIYAKI CHICKEN
OVER RICE**
CREAMED CORN
GREEN PEAS
WHOLE WHEAT BREAD
POUND CAKE

8

**TERIYAKI MEATBALLS
OVER EGG NOODLES**
MIXED VEGETABLES
BROCCOLI
**HAM SALAD SANDWICH
WHOLE WHEAT BREAD**
COLESLAW
ORANGE JUICE
AMBROSIA

11

BARBEQUE CHICKEN
MASHED POTATOES
CREAMED SPINACH
**MACARONI SHELLS IN
MEAT SAUCE**
ITALIAN BLEND VEGETABLES
CORN
VANILLA PUDDING

12

BARBEQUE BEEF
BAKED BEANS
BAKED POTATO
HARVEST VEGETABLE PLATE
ORANGE PINEAPPLE JUICE
WHOLE WHEAT BREAD
LIME GELATIN
FRUIT COCKTAIL

13

CHICKEN PARMESAN
SPAGHETTI & SAUCE
SPINACH
**EGG SALAD SANDWICH
ON WHOLE WHEAT BREAD**
TOMATO WEDGES AND DRESSING
FRESH FRUIT
CHOCOLATE CHIP COOKIES

14

**CHICKEN PRIMAVERA
CASSEROLE**
ITALIAN BLEND VEGETABLES
GREEN BEANS
MEATLOAF & TOMATO SAUCE
GREEN BEANS/CARROTS
WHOLE WHEAT BREAD
SLICED PEARS
OATMEAL COOKIES

15

SPINACH CANNELLONI
CORN
CALIFORNIA BLEND
CAESAR SALAD
HARD BOILED EGG
WHEAT BREAD
FRESH FRUIT
CHOCOLATE CAKE

18

ROTINI & MEAT SAUCE
ITALIAN GREEN BEANS
HARVARD BEETS
BBQ PORK RIBLET
MASHED POTATOES
SPINACH
FRESH FRUIT
GRAHAM CRACKERS

19

CHICKEN MARSALA
BROWN RICE
BRUSSELS SPROUTS
OVEN BAKED TOMATO HALF
SALISBURY STEAK & GRAVY
CARROTS
PEAS
OATMEAL COOKIES
APPLESAUCE

20

SLICED TURKEY & GRAVY
MASHED POTATOES
BROCCOLI
**HAM SALAD SANDWICH
ON WHOLE WHEAT BREAD**
BEETS AND DRESSING
ORANGE PINEAPPLE JUICE
AMBROSIA
POUND CAKE

21

BEEF STEAK & ONION GRAVY
MASHED POTATOES
CREAMED SPINACH
TERIYAKI CHICKEN OVER RICE
PEAS
ASIAN VEGETABLES
CHOCOLATE PUDDING

22

GLAZED HAM
SWEET POTATOES
LIMA BEANS
**CHICKEN FAJITAS WITH
PEPPERS & ONIONS**
BROCCOLI
HOT APPLE BETTY
CHOCOLATE CHIP COOKIES

25

TUNA CASSEROLE
GREEN PEAS
HARVARD BEETS
**SALAMI SANDWICH ON
WHOLE WHEAT BREAD**
ORANGE JUICE
COLESLAW
BANANA
RASPBERRY GELATIN

26

BAKED CHICKEN
SCALLOPED POTATOES
GREEN BEANS
**EGG SALAD SANDWICH
ON WHOLE WHEAT BREAD**
TOSSED SALAD & DRESSING
ORANGE JUICE
APPLE PIE

27

CHILI OVER RICE
BAKED TOMATO HALF
CHUCKWAGON CORN
SPINACH LASAGNA
CARROTS
ZUCCHINI
MIXED FRUIT

28

**MEATLOAF & MUSHROOM
GRAVY**
ITALIAN BLEND
BAKED POTATO
SCRAMBLED EGGS WITH HAM
HASH BROWN POTATOES
CINNAMON APPLES
ORANGE JUICE
OATMEAL COOKIES

29

Age Well Senior Services

Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH



2019

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

1

BANANA
BRAN FLAKES
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

4

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST
JELLY
MARGARINE
LOW FAT MILK

5

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

6

FRESH FRUIT
FRENCH TOAST
JELLY
SYRUP
MARGARINE (2)
LOW FAT MILK

7

ORANGE JUICE
TOASTED OATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

8

BANANA
BRAN FLAKES
YOGURT
LOW FAT MILK

11

ORANGE PINEAPPLE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

12

FRESH FRUIT
WAFFLES
JELLY
SYRUP
MARGARINE (2)
LOW FAT MILK

13

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

14

ORANGE JUICE
TOASTED OATS
YOGURT
LOW FAT MILK

15

ORANGE JUICE
WAFFLES
JELLY
SYRUP
MARGARINE (2)
LOW FAT MILK

18

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

19

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

20

SLICED PEARS
FROSTED MINI-WHEATS
YOGURT
LOW FAT MILK

21

FRESH FRUIT
FRENCH TOAST
JELLY
SYRUP
MARGARINE (2)
LOW FAT MILK

22

ORANGE PINEAPPLE JUICE
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

25

PEACHES
SCRAMBLED EGGS
BREAD FOR TOAST
JELLY
MARGARINE
LOW FAT MILK

26

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

27

ORANGE JUICE
RAISIN BRAN
FRUITED YOGURT
LOW FAT MILK

28

FRESH FRUIT
TOASTED OATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

29