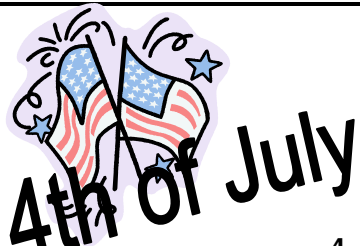



# Age Well Senior Services

## Home Delivered Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BARBEQUE CHICKEN</b> MASHED POTATOES CREAMED SPINACH <b>MACARONI SHELLS IN MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING 2	<b>CHICKEN PARMESAN</b> SPAGHETTI & SAUCE SPINACH <b>EGG SALAD SANDWICH ON WHOLE WHEAT BREAD</b> TOMATO WEDGES AND DRESSING FRESH FRUIT CHOCOLATE CHIP COOKIES 3	 4	<b>TERIYAKI MEATBALLS OVER EGG NOODLES</b> CARROTS BROCCOLI <b>HAM SALAD SANDWICH ON WHOLE WHEAT BREAD</b> COLESLAW ORANGE JUICE AMBROSIA 5	<b>BARBEQUE BEEF</b> BAKED BEANS BAKED POTATO <b>HARVEST VEGETABLE PLATE</b> ORANGE PINEAPPLE JUICE WHOLE WHEAT BREAD LIME GELATIN FRUIT COCKTAIL 6
<b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>HAM SALAD SANDWICH ON WHOLE WHEAT BREAD</b> BEETS AND DRESSING ORANGE PINEAPPLE JUICE AMBROSIA POUND CAKE 9	<b>CHICKEN NOODLE CASSEROLE</b> BRUSSELS SPROUTS OVEN BAKED TOMATO HALF <b>SALISBURY STEAK &amp; GRAVY</b> CARROTS PEAS OATMEAL COOKIES 10	<b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND <b>CAESAR SALAD</b> HARD BOILED EGG WHEAT BREAD FRESH FRUIT CHOCOLATE CAKE 11	<b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 12	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TURKEY ALA KING</b> EGG NOODLES PEAS CARROTS CHOCOLATE PUDDING 13
<b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>CHICKEN FAJITAS WITH PEPPERS &amp; ONIONS</b> BROCCOLI HOT APPLE BETTY CHOCOLATE CHIP COOKIES 16	<b>MEATLOAF &amp; MUSHROOM GRAVY</b> CARROT COINS BAKED POTATO <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES 17	<b>TUNA CASSEROLE</b> GREEN PEAS HARVARD BEETS <b>SALAMI SANDWICH ON WHOLE WHEAT BREAD</b> ORANGE JUICE COLESLAW BANANA RASPBERRY GELATIN 18	<b>BAKED CHICKEN</b> SCALLOPED POTATOES GREEN BEANS <b>EGG SALAD SANDWICH ON WHOLE WHEAT BREAD</b> TOSSED SALAD & DRESSING ORANGE JUICE APPLE PIE 19	<b>CHILI OVER RICE</b> BAKED TOMATO HALF BROCCOLI <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI MIXED FRUIT 20
<b>CHICKEN PARMIGIANA</b> SPAGHETTI & SAUCE SPINACH TOSSED SALAD WITH DRESSING <b>EGG SALAD SANDWICH</b> WHEAT BREAD FRESH FRUIT VANILLA PUDDING 23	<b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES 24	<b>BREADED CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN ORANGE JUICE APPLESAUCE 25	<b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES GREEN PEAS <b>TURKEY SANDWICH ON WHEAT BREAD</b> COLESLAW GRAHAM CRACKERS FRESH FRUIT 26	<b>FISH FILET IN DILL SAUCE</b> BROWN RICE CREAMED SPINACH <b>SWEDISH MEATBALLS OVER NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING 27
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS WHEAT BREAD RASPBERRY GELATIN 30	<b>BARBEQUE CHICKEN</b> BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING <b>TURKEY SANDWICH ON WHEAT BREAD</b> SUGAR COOKIES APPLESAUCE 31			

# Age Well Senior Services

## Home Delivered Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  2	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  3	 4	BANANA BRAN FLAKES YOGURT LOW FAT MILK  5	FRESH FRUIT WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK  6
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK  9	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  10	ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK  11	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK  12	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK  13
ORANGE PINEAPPLE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  16	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK  17	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK  18	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  19	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK  20
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK  23	BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK  24	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK  25	PEACHES FRENCH TOAST SYRUP JELLY MARGARINE (2) LOW FAT MILK  26	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK  27
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK  30	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK  31			