



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
BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE 1	SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS WHEAT BREAD RASPBERRY GELATIN 2	CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 3	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT 4	SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 5
FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE 8	MACARONI, HAM & CHEESE PEAS BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES 9	CHICKEN NOODLE CASSEROLE CALIFORNIA BLEND GREEN BEANS PEPPER STEAK & GRAVY COUNTRY STYLE HASH BROWNS GREEN PEAS CHOCOLATE CHIP COOKIES 10	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT 11	SLICED TURKEY AND GRAVY CORN SPINACH MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS 12
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 15	GLAZED HAM SWEET POTATOES LIMA BEANS SALAMI SANDWICH ON WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR 16	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES 17	BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE VANILLA WAFERS 18	SPAGHETTI & MEATBALLS CARROTS ITALIAN BLEND CHICKEN NUGGETS GREEN PEAS HASH BROWN POTATOES SLICED APPLES CHOCOLATE CAKE ORANGE PINEAPPLE JUICE 19
MACARONI & CHEESE BROCCOLI CARROTS HAM SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD WITH DRESSING ORANGE JUICE APPLESAUCE FRUITY YOGURT 22	BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE 23	TUNA NOODLE CASSEROLE BOILED TOMATO HALF GREEN PEAS CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES 24	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES 25	BBQ BEEF BAKED BEANS HASH BROWNS HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL 26
MEATLOAF & GRAVY BAKED POTATO MIXED VEGETABLES CHILI OVER RICE GREEN PEAS CORN & CARROTS TAPIOCA PUDDING ORANGE JUICE 29	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS WITH DRESSING CHOCOLATE PUDDING 30	SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE 31		



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Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 1	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 2	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 3	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 4	ORANGE JUICE WAFFLES SYRUP JELLY MARGARINE (2) LOW FAT MILK 5
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 8	ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 9	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 10	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 11	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 12
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 15	ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK 16	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 17	BANANA TOASTED OATS YOGURT LOW FAT MILK 18	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 19
ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 22	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 23	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK 24	ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 25	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 26
BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 29	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK 30	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 31	OCTOBER 2018	