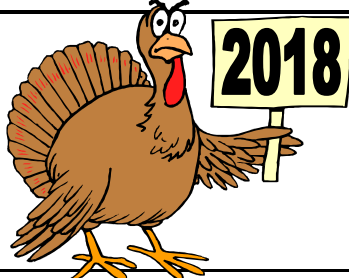




Age Well Senior Services

Home Delivered Menu



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<h1>November</h1> 									
BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING 5		TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI HAM SALAD SANDWICH WHOLE WHEAT BREAD COLESLAW ORANGE JUICE AMBROSIA 6		CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES 7		POLISH SAUSAGE BAKED TOMATO COUNTRY STYLE HASH BROWNS TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE 1		TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES APPLE JUICE/FRESH FRUIT 2	
 Veteran's Day 12		CHICKEN MARSALA BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF SALISBURY STEAK & GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE 13		SPINACH CANNELLONI CORN CALIFORNIA BLEND CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT CHOCOLATE CAKE 14		CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATO WEDGES AND DRESSING FRESH FRUIT CHOCOLATE CHIP COOKIES 8		BARBEQUE BEEF BAKED BEANS BAKED POTATO HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHOLE WHEAT BREAD LIME GELATIN FRUIT COCKTAIL 9	
MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND BAKED POTATO SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES 19		BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD & DRESSING ORANGE JUICE APPLE PIE 20		ROAST TURKEY & GRAVY STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE PEPPER STEAK & GRAVY COUNTRY STYLE HASH BROWNS GREEN PEAS 21		BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 15		ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 16	
 <h1>THANKSGIVING</h1>									
FISH FILET IN DILL SAUCE BROWN RICE CREAMED SPINACH SWEDISH MEATBALLS OVER NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING 26		SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES 27		CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH TOSSED SALAD WITH DRESSING EGG SALAD SANDWICH WHEAT BREAD FRESH FRUIT VANILLA PUDDING 28		BREADED CHICKEN PATTY & GRAVY CALIFORNIA BLEND BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN ORANGE JUICE APPLESAUCE 29		ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN TURKEY SANDWICH ON WHEAT BREAD COLESLAW GRAHAM CRACKERS FRESH FRUIT 30	

Age Well Senior Services

Home Delivered Breakfast

MONDAY

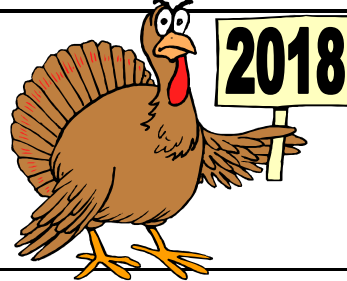
TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

November



ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 5		BANANA BRAN FLAKES YOGURT LOW FAT MILK 6		ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 7		ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 8		FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 9	
 <p>Veteran's Day</p> <p>12</p>		FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 13		ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 14		FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK 15		ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 16	
FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 19		FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 20		PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 21		 <p>THANKSGIVING</p> <p>22</p>			
ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 26		BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 27		ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 28					