





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
SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS RASPBERRY GELATIN 3	BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE 4	CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 5	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT 6	SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 7
SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS 10	MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES 11	FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE 12	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT 13	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES 14
PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 17	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES 18	GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR 19	BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE FRUITED GELATIN 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
 24	 25	BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE 26	BBQ BEEF BAKED BEANS HASH BROWNS HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL 27	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES 28
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE 31	 <h1>December 2018</h1> 			

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Home Delivered Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 3	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 4	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 5	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 6	ORANGE JUICE WAFFLES SYRUP JELLY MARGARINE (2) LOW FAT MILK 7
ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 10	ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 11	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 12	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 13	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 14
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 17	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 18	ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK 19	BANANA TOASTED OATS YOGURT LOW FAT MILK 20	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 21
 24	<i>Merry Christmas</i>  25	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 26	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 27	ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 28
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 31	 <h1>December 2018</h1> 