

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>January</h1>	 1	MEATLOAF & GRAVY BAKED POTATO CALIFORNIA BLEND VEGETABLES CHILI REFRIED BEANS CORN TAPIOCA PUDDING ORANGE JUICE 2	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS WITH DRESSING CHOCOLATE PUDDING 3	POLISH SAUSAGE BAKED TOMATO COUNTRY STYLE HASH BROWNS TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE 4
TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI HAM SALAD SANDWICH ON WHOLE WHEAT BREAD COLESLAW ORANGE JUICE AMBROSIA 7	BARBEQUE BEEF BAKED BEANS BAKED POTATO HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHOLE WHEAT BREAD LIME GELATIN FRUIT COCKTAIL 8	CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES 9	CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATO WEDGES AND DRESSING FRESH FRUIT CHOCOLATE CHIP COOKIES 10	BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING 11
SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS AND DRESSING ORANGE PINEAPPLE JUICE AMBROSIA POUND CAKE 14	CHICKEN MARSALA BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF SALISBURY STEAK & GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE 15	SPINACH CANNELLONI CORN CALIFORNIA BLEND CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT CHOCOLATE CAKE 16	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 17	ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 18
Martin Luther King, Jr. Day  21	MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND BAKED POTATO SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES 22	TUNA CASSEROLE GREEN PEAS HARVARD BEETS SALAMI SANDWICH ON WHOLE WHEAT BREAD ORANGE JUICE COLESLAW BANANA RASPBERRY GELATIN 23	CHILI OVER RICE BAKED TOMATO HALF CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI MIXED FRUIT 24	BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD & DRESSING ORANGE JUICE APPLE PIE 25
CHICKEN PARMIGIANA SPAGHETTI & SAUCE SPINACH TOSSED SALAD WITH DRESSING EGG SALAD SANDWICH WHEAT BREAD FRESH FRUIT VANILLA PUDDING 28	SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS CHEESE CANNELLONI GREEN BEANS PEAS & CARROTS APPLESAUCE CHOCOLATE CHIP COOKIES 29	BREADED CHICKEN PATTY & GRAVY CALIFORNIA BLEND BROCCOLI MACARONI, CHEESE & HAM CREAMED SPINACH CORN ORANGE JUICE APPLESAUCE 30	ROAST BEEF & GRAVY MASHED POTATOES CHUCKWAGON CORN TURKEY SANDWICH ON WHEAT BREAD COLESLAW GRAHAM CRACKERS FRESH FRUIT 31	<h1>2019</h1>

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January	 1	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 2	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK 3	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 4	
	BANANA BRAN FLAKES YOGURT LOW FAT MILK 7	FRESH FRUIT WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 8	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 9	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 10	ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 11
	SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK 14	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 15	ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 16	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK 17	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 18
	Martin Luther King, Jr. Day  21	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK 22	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK 23	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK 24	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 25
	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 28	BANANA BRAN FLAKES BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 29	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 30	PEACHES FRENCH TOAST SYRUP JELLY MARGARINE (2) LOW FAT MILK 31	2019