

Age Well Senior Services

Home Delivered Menu

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



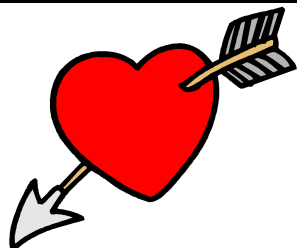
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



February 2019

FISH FILET IN DILL SAUCE BROWN RICE CREAMED SPINACH SWEDISH MEATBALLS OVER NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES TAPIOCA PUDDING				
BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE	SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS RASPBERRY GELATIN	CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA	POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT	1
4	5	6	7	8
SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS	TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT	FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE	TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES	MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES
11	12	13	14	15
President's Day 	PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING	GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR	SPAGHETTI & MEATBALLS CORN ITALIAN BLEND PORK IN SAVORY HARVEST SAUCE BROWN RICE BROCCOLI PEARS CHOCOLATE CAKE ORANGE PINEAPPLE JUICE	SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES
18	19	20	21	22
BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE	MACARONI & CHEESE BROCCOLI BAKED TOMATO HALF TUNA SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD WITH DRESSING ORANGE JUICE APPLESAUCE FRUITY YOGURT	ROTINI IN A SAVORY MEAT SAUCE BOILED TOMATO HALF SPINACH CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES	
25	26	27	28	

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Home Delivered Breakfast

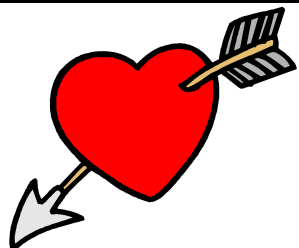
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



February 2019

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

1

ORANGE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

4

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

5

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

6

APPLESAUCE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

7

ORANGE JUICE
WAFFLES
SYRUP
JELLY
MARGARINE (2)
LOW FAT MILK

8

ORANGE JUICE
WAFFLES
SYRUP
MARGARINE (2)
LOW FAT MILK

11

ORANGE JUICE
FROSTED MINI-WHEATS
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

12

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

13

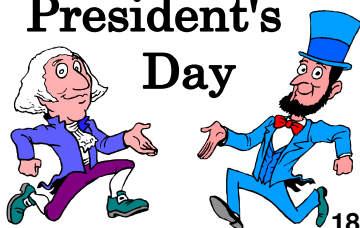
ORANGE JUICE
BANANA
BRAN FLAKES
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

14

ORANGE JUICE
TOASTED OATS
YOGURT
BANANA
LOW FAT MILK

15

**President's
Day**



18

ORANGE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

19

ORANGE PINEAPPLE JUICE
1/2 BAGEL
JELLY
MARGARINE
LOW FAT MILK

20

FRESH FRUIT
SCRAMBLED EGGS
BREAD FOR TOAST (2)
JELLY
MARGARINE (2)
LOW FAT MILK

21

ORANGE JUICE
RAISIN BRAN
BREAD FOR TOAST (2)
MARGARINE (2)
LOW FAT MILK

22

FRESH FRUIT
1/2 BAGEL
PEANUT BUTTER
JELLY
MARGARINE
LOW FAT MILK

25

ORANGE JUICE
RAISIN BRAN
BREAD FOR TOAST
MARGARINE
LOW FAT MILK

26

FRESH FRUIT
FRENCH TOAST
JELLY
SYRUP
MARGARINE (2)
LOW FAT MILK

27

ORANGE PINEAPPLE JUICE
OATMEAL
ALMONDS AND RAISINS
LOW FAT MILK

28

