

# 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

# MARCH



# 2019

**BBQ BEEF**  
BAKED BEANS  
HASH BROWNS  
**HARVEST VEGETABLE PLATE**  
ORANGE PINEAPPLE JUICE  
WHEAT BREAD  
OATMEAL COOKIES  
FRUIT COCKTAIL

1

**MEATLOAF & GRAVY**  
BAKED POTATO  
CALIFORNIA BLEND VEGETABLES  
**CHILI**  
REFRIED BEANS  
CORN  
TAPIOCA PUDDING  
ORANGE JUICE

4

**TURKEY ENCHILADA  
CASSEROLE**  
SPANISH RICE  
BROCCOLI  
**CHICKEN CACCIATORE  
OVER ROTINI**  
SPINACH  
MIXED VEGETABLES  
ORANGE/PINEAPPLE JUICE  
FRESH FRUIT

5

**SWISS STEAK**  
MASHED POTATOES  
CAPRI BLEND VEGETABLES  
**TUNA SALAD SANDWICH ON  
WHOLE WHEAT BREAD**  
TOMATOES WITH DRESSING  
PINEAPPLE JUICE  
FRESH APPLE

6

**LEMON ROSEMARY CHICKEN**  
CREAMED SPINACH  
BRUSSELS SPROUTS  
**EGG SALAD SANDWICH ON  
WHOLE WHEAT BREAD**  
BEETS WITH DRESSING  
CHOCOLATE PUDDING

7

**POLISH SAUSAGE**  
BAKED TOMATO  
COUNTRY STYLE HASH BROWNS  
**TERIYAKI CHICKEN  
OVER RICE**  
CREAMED CORN  
GREEN PEAS  
WHOLE WHEAT BREAD  
POUND CAKE

8

**TERIYAKI MEATBALLS  
OVER EGG NOODLES**  
MIXED VEGETABLES  
BROCCOLI  
**HAM SALAD SANDWICH  
WHOLE WHEAT BREAD**  
COLESLAW  
ORANGE JUICE  
AMBROSIA

11

**BARBEQUE CHICKEN**  
MASHED POTATOES  
CREAMED SPINACH  
**MACARONI SHELLS IN  
MEAT SAUCE**  
ITALIAN BLEND VEGETABLES  
CORN  
VANILLA PUDDING

12

**BARBEQUE BEEF**  
BAKED BEANS  
BAKED POTATO  
**HARVEST VEGETABLE PLATE**  
ORANGE PINEAPPLE JUICE  
WHOLE WHEAT BREAD  
LIME GELATIN  
FRUIT COCKTAIL

13

**CHICKEN PARMESAN**  
SPAGHETTI & SAUCE  
SPINACH  
**EGG SALAD SANDWICH  
ON WHOLE WHEAT BREAD**  
TOMATO WEDGES AND DRESSING  
FRESH FRUIT  
CHOCOLATE CHIP COOKIES

14

**CHICKEN PRIMAVERA  
CASSEROLE**  
ITALIAN BLEND VEGETABLES  
GREEN BEANS  
**MEATLOAF & TOMATO SAUCE**  
GREEN BEANS/CARROTS  
WHOLE WHEAT BREAD  
SLICED PEARS  
OATMEAL COOKIES

15

**SPINACH CANNELLONI**  
CORN  
CALIFORNIA BLEND  
**CAESAR SALAD**  
HARD BOILED EGG  
WHEAT BREAD  
FRESH FRUIT  
CHOCOLATE CAKE

18

**ROTINI & MEAT SAUCE**  
ITALIAN GREEN BEANS  
HARVARD BEETS  
**BBQ PORK RIBLET**  
MASHED POTATOES  
SPINACH  
FRESH FRUIT  
GRAHAM CRACKERS

19

**CHICKEN MARSALA**  
BROWN RICE  
BRUSSELS SPROUTS  
OVEN BAKED TOMATO HALF  
**SALISBURY STEAK & GRAVY**  
CARROTS  
PEAS  
OATMEAL COOKIES  
APPLESAUCE

20

**SLICED TURKEY & GRAVY**  
MASHED POTATOES  
BROCCOLI  
**HAM SALAD SANDWICH  
ON WHOLE WHEAT BREAD**  
BEETS AND DRESSING  
ORANGE PINEAPPLE JUICE  
AMBROSIA  
POUND CAKE

21

**BEEF STEAK & ONION GRAVY**  
MASHED POTATOES  
CREAMED SPINACH  
**TERIYAKI CHICKEN OVER RICE**  
PEAS  
ASIAN VEGETABLES  
CHOCOLATE PUDDING

22

**GLAZED HAM**  
SWEET POTATOES  
LIMA BEANS  
**CHICKEN FAJITAS WITH  
PEPPERS & ONIONS**  
BROCCOLI  
HOT APPLE BETTY  
CHOCOLATE CHIP COOKIES

25

**TUNA CASSEROLE**  
GREEN PEAS  
HARVARD BEETS  
**SALAMI SANDWICH ON  
WHOLE WHEAT BREAD**  
ORANGE JUICE  
COLESLAW  
BANANA  
RASPBERRY GELATIN

26

**BAKED CHICKEN**  
SCALLOPED POTATOES  
GREEN BEANS  
**EGG SALAD SANDWICH  
ON WHOLE WHEAT BREAD**  
TOSSED SALAD & DRESSING  
ORANGE JUICE  
APPLE PIE

27

**CHILI OVER RICE**  
BAKED TOMATO HALF  
CHUCKWAGON CORN  
**SPINACH LASAGNA**  
CARROTS  
ZUCCHINI  
MIXED FRUIT

28

**MEATLOAF & MUSHROOM  
GRAVY**  
ITALIAN BLEND  
BAKED POTATO  
**SCRAMBLED EGGS WITH HAM**  
HASH BROWN POTATOES  
CINNAMON APPLES  
ORANGE JUICE  
OATMEAL COOKIES

29

# Age Well Senior Services

## Home Delivered Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# MARCH



# 2019

ORANGE JUICE  
TOASTED OATS  
YOGURT  
LOW FAT MILK

1

BANANA  
BRAN FLAKES  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

4

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

5

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

6

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

7

ORANGE JUICE  
TOASTED OATS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

8

BANANA  
BRAN FLAKES  
YOGURT  
LOW FAT MILK

11

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

12

FRESH FRUIT  
WAFFLES  
JELLY  
SYRUP  
MARGARINE (2)  
LOW FAT MILK

13

ORANGE JUICE  
OATMEAL  
ALMONDS AND RAISINS  
LOW FAT MILK

14

ORANGE JUICE  
TOASTED OATS  
YOGURT  
LOW FAT MILK

15

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

18

ORANGE JUICE  
RAISIN BRAN  
FRUITED YOGURT  
LOW FAT MILK

19

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

20

SLICED PEARS  
FROSTED MINI-WHEATS  
YOGURT  
LOW FAT MILK

21

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

22

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

25

PEACHES  
SCRAMBLED EGGS  
BREAD FOR TOAST  
JELLY  
MARGARINE  
LOW FAT MILK

26

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

27

ORANGE JUICE  
RAISIN BRAN  
FRUITED YOGURT  
LOW FAT MILK

28

FRESH FRUIT  
TOASTED OATS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

29