



agewellvt.org
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\$5 SUGGESTED DONATION PER MEAL

Help Age Well continue to provide services. Donations can be mailed

or visit: agewellvt.org



MEALS ON WHEELS

Food where you choose

December 2023: Addison, Chittenden, Franklin & Grand Isle Counties

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Ravioli w/Meat Sauce, Parmesan Cheese, Cauliflower, Biscuit & Fruit Yogurt Parfait
4 Chicken Chow Mein, Chow Mein Noodles, Vegetable Brown Rice Pilaf, Vegetable Blend & Diced Pears	5 Shepherd's Pie w/Corn & Mashed Potatoes, Green Beans, Wheat Bread & Pineapple Tidbits	6 Sweet-n-Sour Roast Pork, Rice Pilaf w/Vegetables, Spinach, Wheat Roll & Mandarin Oranges	7 Penne Pasta w/ Meat Sauce, Parmesan Cheese, Cauliflower, Wheat Biscuit & Apple	8 Roast Pork w/ Applesauce, Mashed Potato, Mixed Vegetables w/ Lima Beans, Wheat Bread & Chocolate Chip Cookie
11 Sliced Scalloped Potatoes & Chicken w/Panko Topping, Wax Beans, Whole Beets, Wheat Bread, & Chocolate Mousse	12 Mild Chili w/Black Beans & Cannellini Beans, Vegetable Brown Rice Pilaf, 4 Blend Vegetables, Dinner Roll & White Birthday Cake with Icing	13 Beef Stew, Wheat Biscuit, Winter Mixed Vegetables, & Tapioca Pudding w/cream & peaches	14 Broccoli Quiche, Stewed Tomatoes, Brussel Sprouts, Wheat Dinner Roll & Orange	15 Christmas Dinner Stuffed Chicken Breast w/Apple/Cranberry Stuffing, Gravy, Mashed Potatoes, Carrots, Cranberry Sauce, Wheat Roll & Pumpkin Bar w/ White Chips & Craisins
18 Swedish Meatballs w/ Mushroom Sauce, Mashed potatoes, Italian Blend Vegetables, Wheat Bread & Fruit Cocktail	19 Panko Pork Cutlet, w/Brown Sauce, Sweet Potatoes, Spinach, Wheat Roll & Pear Crisp w/Cream	20 Chicken & Biscuit, Mashed Cauliflower, Green Beans w/Black Beans, & 6 OZ Oatmeal Craisin White Chip Cookie	21 Macaroni & Cheese, Carrots, Peas & Mushrooms, Wheat Roll & Mandarin Oranges	22 CLOSED No Meal Delivery Replacement Meals Delivered 12/12 and 12/19
25 CLOSED No Meal Delivery Replacement Meals Delivered 12/18	26 Spinach Bacon Onion Quiche, Green Beans w/Red Peppers, 6 Oz Wheat Roll, & Applesauce w/w/Cinnamon	27 Sweet-n-Sour Beef Steak, Vegetable Rice Pilaf, Garden Vegetables, Wheat Bread & Pears	28 Breaded Chicken Parmesan w/ Asiago Cheese, Diced Potatoes, 3 Bean Mix w/Pimentos & Black Beans, Wheat Roll & Vanilla Pudding w/Cream & Peaches	29 Beef Stroganoff w/ Onions & Mushrooms, Rotini Noodles, Brussel Sprouts, White Roll & Seasoned Apples w/Cinnamon

Menu is subject to change. Daily meals include milk and dessert.
 Please Note: Drivers are not allowed to put meals in coolers.

Any questions, please contact Age Well Nutrition Support at 802-662-5006.

SERVING NORTHWESTERN VERMONT SINCE 1974

