



agewellvt.org
 Helpline: 1-800-642-5119
 Nutrition Support P 802-662-5006
 P 802-865-0360
 F 802-865-0363
 875 Roosevelt Hwy, Ste. 210
 Colchester, VT 05446

**\$5 SUGGESTED
 DONATION PER
 MEAL**

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



MEALS ON WHEELS
Food where you choose

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Chicken-n-Biscuit, Mashed Potatoes, Broccoli Florets & Pineapple Tidbits w/ Cream	4 Vegetable Quiche, California Mixed Vegetables w/ Black Beans, Biscuit & Tropical Fruit Salad	5 Roasted Chicken Breast w/ Gravy, Mashed Potatoes, Winter Squash, Wheat Bread & Pumpkin Cookie	6 Roast Pork w/ Apple Craisin Gravy, Diced Potatoes, Harvard Beets, Wheat Roll & an Orange
9 Swedish Steak w/ Mushroom Sauce, Mashed Potatoes, Sour Cream, Capri Blend Vegetables, Wheat Roll & Apple w/ Craisins	10 Glazed Ham Patty, Sweet Potatoes, Mix of Green, Waxed & Black Beans, Wheat Roll & Birthday Cake	11 Chicken, Corn & Potato Chowder, Broccoli, Crackers, What Roll & Fruit Parfait	12 Baked Cheese Lasagna, Rollettes w/ Marinara Sauce & Beef, Spinach, Biscuit & Pineapple Chunks	13 Pork Chop w/ Pineapple Sauce, Mashed Sweet Potatoes, Green Beans w/ Black Beans, Wheat Bread & Pears
16 Closed MLK Day	17 Roast Pork w/ Sauce, Cabbage & Carrots, Boiled Potatoes, Wheat Bread & Apple Raisin Cake	18 Chopped Steak, Brown Sauce, Baked Beans, Diced Carrots, Wheat Roll & Watermelon	19 Oven Fried Chicken Breast, Diced Potatoes w/ Parsley, Peas & Onions, Wheat Roll & an Orange	20 Mac & Cheese, Green Beans, Stewed Tomatoes, Wheat Roll & an Apple
23 Meatloaf w/ Brown Sauce, Red Potatoes w/ Cheddar, Winter Mixed Vegetables, Wheat Roll & Date Craisin Bar	24 Beef Tips w/ Sauce & Sauteed Onions, Mashed Potatoes, Beets, Wheat Bread & Fruit Crisp w/ Cream	25 Chicken Cordon Bleu w/ White Sauce, Yams, Green Beans, Wheat Roll & an Apple	26 Baked American Goulash w/ Cavatappi, Parmesan Cheese, Brussel Sprouts, Wheat Roll & Peaches	27 Italian Chicken Fingers, Ginger Sauce, Rice w/ Peas, Pearl Onions, Carrots & Cannellini Beans, Broccoli Florets, Wheat Dinner Roll, Mandarin Oranges & Cream
30 BBQ Pork Rib, Home Fried Potatoes, Carrots, Southern Biscuit & Applesauce	31 Sliced Pot Roast Au Jus, Ranch Mashed Potatoes, Carrots & Cabbage, Sliced Wheat Roll & an Apple			

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

