



agewellvt.org
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**\$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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Tortellini w/ Beef, Marinara Sauce & Cheese, Green Beans w/ Black Beans, Wheat Roll & an Orange	2 BBQ Chicken Breast, O'Brien Red Potatoes, Spinach, Wheat Dinner Roll & Pumpkin Cookie Bar w/ Raisins	3 Cheese Rolette w/ Mozzarella, Ricotta, Provolone, Asiago Cheese & Marinara, Garden Peas & Carrots, Wheat Roll & Mandarin Oranges w/ Cream
6 Mild Mexican Chili, Rice Pilaf, Broccoli Normandy, Crackers, Wheat Roll & Peaches	7 CLOSED Town Meeting Day	8 Beef & Cheddar Burger, Baked Beans, Sliced Carrots w/ Parsley, Wheat Roll & a Clementine	9 Sweet-N-Sour Meatballs, Broccoli Florets, Vegetable Spanish Rice w/ Diced Tomatoes, Peas & Carrots, Wheat Roll & Applesauce	10 Minestrone Bean Soup w/ Black Beans & White Kidney Beans, Crackers, Winter Mixed Vegetables, Wheat Roll & Apricots w/ Vanilla Yogurt
13 Bacon & Onion Quiche, Green, Wax & Black Beans Medley, Wheat Roll & Pineapple Tidbits	14 Beef Round, Boiled Potatoes, Cabbage & Carrots in Beef Stock, Wheat Roll & Leprechaun Cake w/ Frosting	15 Chicken Parmesan Linguine w/ Sauce, Brussel Sprouts, Wheat Roll & Fruit Cocktail	16 Breaded Pork Chop w/ Sauce & Apple Sauce, Home Fries, Diced Beets, Wheat Bread & Pumpkin Pudding w/ Cream	17 Vegetable Chow Mein w/ Water Chestnuts, Brown Rice Pilaf w/ Black Beans, Capri Vegetables & Tapioca Pudding w/ Mandarin Oranges
20 Cavatappi & Cheese w/ Ham, Mixed Vegetables, Glazed Beets, Wheat Roll & Pineapple Tidbits	21 Roast Turkey, Cranberry Apple Gravy, Mashed Potatoes, Carrots, Wheat Roll & Pumpkin Custard	22 Roast Pork w/ Sauce, Mashed Yams, Peas & Onions, Wheat Bread & Oatmeal Raisin Cookies	23 Beef Burgundy w/ Onions, Wide Eggs Noodles, Sliced Carrots, Green Beans, Wheat Roll & an Orange	24 Spinach & Cheddar Pie w/ Zucchini, Summer Squash & Ricotta Cheese, Homefries, Vegetable Medley, Wheat Roll & Applesauce w/ Cinnamon
27 Chicken Breast w/ Peppers, Onions & Mushrooms, Maple Baked Beans, Broccoli Florets, Wheat Bread & Ricotta Cookie w/ Craisins & Dates	28 Turkey Burger w/ Vegetable Gravy, Mashed Potato, Brussel Sprouts, Wheat Roll & Peach & Craisin Cookie	29 Shepard's Pie w/ Corn & Mashed Potatoes, Spinach, Wheat Roll & Diced Pears	30 Pork Loin w/ Apple Cider Sauce, Diced Home Fries, Green Beans, Wheat Bread & Carrot Cupcake w/ Icing	31 Lasagna Rolette w/ Marinara Sauce, Cheese, Garden Peas w/ Mushrooms, Wheat Roll & Mandarin Oranges

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

