



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: [agewellvt.org](http://agewellvt.org)



**MEALS ON WHEELS**  
*Food where you choose*

**February 2024: Addison, Chittenden, Franklin & Grand Isle Counties**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Marsala, Mushroom Sauce, Mashed Cauliflower, Green Beans w/Black Beans, 2 Slices Bread & Pineapple & Yogurt Parfait	<b>2</b> Minestrone w/Vegetables, Pasta, & Chicken, Crackers, Broccoli Florets, Wheat Roll & Fruit Cocktail
<b>5</b> Shepherd's Pie w/Corn, Mashed Potatoes, Diced Carrots, Texas Toast & Peaches	<b>6</b> Beef Stew/Potatoes and Vegetables, Brussel Sprouts, Biscuit & Applesauce Birthday Cake	<b>7</b> Stuffed Chicken Breast w/Ham & Cheese Stuffing, Mashed Potatoes, Beets, Potato Dinner Roll & Pears	<b>8</b> Beef Steak w/Brown Sauce, Home Fries, Peas & Carrots, Wheat Bread, & Pumpkin Cookie w/Craisins	<b>9</b> Pork & Vegetable Stew, Four Bean Medley, Southern Biscuit, & Pineapple Tidbits
<b>12</b> Wheat Spaghetti & meat-balls w/Marinara Sauce & Parmesan Cheese, Spinach, Wheat Roll & Mandarin Oranges in Orange Jello	<b>13</b> Baked Mac & Cheese, Brussel Sprouts, Mixed Blend Vegetables, Wheat Roll & Apple	<b>14</b> Mild Vegetarian Chili, No Mushrooms, Rice Pilaf w/vegetables & wild rice, Peas & Onions, Corn Bread & Peaches	<b>15</b> Sweet Baby Rays B.B.Q. Chicken, Vegetarian Baked Beans, Broccoli Florets, Wheat Dinner Roll & Applesauce	<b>16</b> Zucchini, Summer Squash & Onion Quiche, Greek Pasta w/Tomato & White Beans, Dinner Roll & Apricots
<b>19.</b> <b>AGE WELL CLOSED</b> <b>Replacement meal delivered 2/12</b>	<b>20</b> Turkey Burger w/Vegetables, Vegetable Gravy, Diced Potatoes, Beets, Wheat Roll, & Pumpkin Custard w/Cream	<b>21</b> Chicken-n-Southern Biscuit, Mashed Cauliflower, Spinach & Apple Crisp	<b>22</b> Oven Fried Chicken, Red Mashed Potatoes w/Sour Cream, Capri Blend Vegetables, Wheat Bread & Sliced Pears	<b>23</b> Cheese Ravioli w/ Marinara Sauce, Parmesan Cheese, Peas, Diced Carrots, Wheat Bread & Fruited Yogurt Parfait
<b>26</b> Scalloped Potatoes & Ham w/Cheddar, Mixed Beans, Biscuit & Grapes	<b>27</b> Diced Beef w/Potatoes & Burgundy Wine Sauce, Broccoli Florets, White Dinner Roll & Fruit	<b>28</b> Cheese Tortellini w/Beef, Marinara Sauce & Cheese, Green Beans, Wheat Roll & Orange	<b>29</b> B.B.Q. Chicken Breast, O'Brien Red Potatoes, Spinach, Wheat Dinner Roll & Pumpkin Craisin Cookies	

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

