



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

September 2024: Addison, Chittenden, Franklin & Grand Isle Counties

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. Labor Day No Meals Served</p>	<p>3. Mac & Cheese w/Diced Turkey, Stewed Tomatoes, Broccoli, Wheat Dinner Roll & Pineapple</p>	<p>4. Turkey Shepherd's Pie w/Corn, Carrots & Cabbage, Wheat Bread & Applesauce</p>	<p>5. Chicken Marsala w/Mushroom Sauce, Diced Potatoes, Marsala Sauce, Peas & Onions, Potato Roll & Fruit Cocktail</p>	<p>6. Spaghetti & Meatballs in Marinara Sauce, Winter Mixed Vegetables, Wheat Bread & Red Grapes</p>
<p>9. Vegetable Southwest Egg Bake, Green & Garbanzo Bean Mix, Cauliflower, Wheat Bread & Pumpkin Craisin Cookie</p>	<p>10. Chicken & Potato Stew, Vegetable Medley, Wheat Dinner Roll & Apple Birthday Cake</p>	<p>11. Cavatappi pasta w/ Cheese, Brussel Sprouts, Diced Carrots, Wheat Bread & Mandarin Oranges</p>	<p>12. Cold Sliced Turkey, Cheddar Cheese, Three Bean Salad, Cole Slaw w/ Pineapple, Wheat Roll & Pears</p>	<p>13. Stuffed Chicken Breast w/Sauce, Mashed Potatoes, Glazed Beets, Wheat Roll, & Vanilla Fluff w/ Berries</p>
<p>16. Hamburger Steak w/Swedish Mushroom Sauce, Seasoned Penne Pasta, Chopped Broccoli, Wheat Bread & Peaches</p>	<p>17. Turkey Tetrazzini, Scandinavian Vegetables, Wheat Dinner Roll & Pineapple</p>	<p>18. Chicken-N-Wheat Biscuit, Mashed Cauliflower, Peas & carrots, & Apple & Berry Crisp</p>	<p>19. Minestrone Soup w/Beef, Crackers, Broccoli, Wheat Roll & Peaches w/Yogurt</p>	<p>20. Meatloaf w/Gravy, Mashed Potatoes, Diced Carrots w/Dill, Wheat Roll & Pears</p>
<p>23. Pork Stew w/Vegetables, Brussel Sprouts, Wheat Biscuit & Fruit Cookie</p>	<p>24. B.B.Q. Hamburger Steak, Baked Beans, Chopped Broccoli w/Diced Carrots, Dinner Roll, Vanilla Pudding & Peaches</p>	<p>25. Roast Pork w/Gravy, Boiled Potatoes w/Parsley, Butternut Squash, Wheat Bread Cookie Bar w/ Dates & Craisins</p>	<p>26. Beef Burgundy w/Mushrooms & Onions, Rotini Noodles, Whole Beets, Wheat Bread & Melon</p>	<p>27. Macaroni & Cheese, Spinach, Sliced Carrots, Wheat Bread & Orange</p>
<p>30. Pork riblet w/Au Jus, Mashed Yams, Green Beans, Potato Roll & Applesauce</p>				

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

