



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](http://agewellvt.org)



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1. Orange Ginger Chicken w/vegetable sauce, Capri Veggies, Greek pasta w/tomatoes, spinach & white beans, roll, & Jello w/Oranges	2. Baked American Goulash w/ Beef & Diced Tomatoes, Spinach, Potato Roll, & Mandarin Oranges	3. Cheese Tortellini Alfredo, Peas & Carrots, Green Beans, Wheat Bread, & Watermelon	4. <b>Fourth of July Holiday No Meals Served</b>	5. <b>No Meals Served</b>
8. Macaroni & Cheese, Brussel Sprouts, Stewed Tomatoes, Multi Grain Bread, & Apple	9. Stuffed Chicken w/Sage Sauce, Mashed Potatoes, Green Beans, Wheat Dinner Roll, & Blueberry Coffee Cake Birthday cake	10. Egg Salad w/Celery & Onions, Cole slaw, Spinach salad w/chick peas & veggies, Italian dressing, Hamburger Roll, & Pears	11. Pork Chow Mein w/water chestnuts & Veggies, Brown Rice w/Veggies, Broccoli Cauliflower Blend, Chow Mein noodles, & Pears	12. Chicken-n-Biscuit, Diced Potatoes, Sliced Carrots w/ Dill, & Vanilla Pudding w/ Peaches
15. Glazed Pork & Ham Burger w/Pineapple Sauce, Mashed Sweet Potato, Green Beans, Wheat Dinner Roll & Oatmeal Craisin Cookie	16. Beef Steak w/ Mushroom Sauce, Mashed Potatoes, Broccoli Florets, Wheat Roll, & Pumpkin w/ White Chocolate Chip Cookie	17. Chicken Fingers w/BBQ sauce, Sliced Carrots, Diced Potatoes w/Parsley, Texas Toast, & Pineapple Tidbits	18. Sliced Ham, Swiss Cheese, White Bean Salad w/ Ripe Olives, Red Potato Salad w/Dill Mustard, Hamburger Roll, & Peaches	19. Roast Pork Loin, Gravy, Mashed Potatoes, Garden Peas & Onions, Wheat Bread, & Apple & Strawberry Crisp w/Cream
22. Glazed Meatballs, Medium Shells, California Blend Veggies, Wheat Bread & Granny Smith Apples	23. Fresh Spinach, Summer Zucchini Squash & Cheese Quiche, Green & Waxed Beans, Wheat Bread, & Mandarin Oranges	24. Breaded Chicken Breast w/Sauce, Brussel Sprouts, Mashed Cauliflower, Roll, & Tapioca Pudding w/Peaches	25. Macaroni & Cheese, Green Beans, Sliced Carrots, Wheat Dinner Roll, & Cantaloupe Wedge	26. Turkey Patty w/ Veggies, Rice Pilaf w/ Carrots & Lentils, Winter Mixed Vegetables, Wheat Bread, & Fruit Mix
29. Sliced Pork Loin w Cider Sauce, Mashed Potatoes, Spinach, Wheat Roll, & Apple Bar w/Raisins	30. Turkey In Gravy, Home Fries, California Blend Veggies, Wheat Bread & Pumpkin Pudding w/Cream	31. Beef Goulash w/Parmesan Cheese & Sausage, Peas & Mushrooms, Roll & Pineapple		

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

