



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Baked Meatloaf, Mashed Potatoes, Mixed Vegetables, Wheat Dinner Roll & Sugar Date Cookie	2. Cheese Tortellini w/ Meat Sauce, Parmesan Cheese, Broccoli Florets, Wheat Bread & Apple	3. Chicken Vegetable Stew w/Beans, Brussel Sprouts, Biscuit & Oatmeal Craisin Date Cookie	4. Salisbury steak w/ sauce, Sweet Potatoes, Peas & Onions, Wheat Dinner Roll & Tapioca Pudding w/Peaches
7. Stuffed Shells w/Spinach Cream Sauce, Green Beans, Parmesan Cheese, Wheat Bread & Mandarin Oranges w/Orange Gelatin	8. Turkey in Gravy, Mashed Potatoes, Broccoli Florets, Wheat Bread & Carrot Birthday Cake w/Icing	9. Chicken Cacciatore, Wheat Rotini Pasta, Peas & Carrots, Wheat Bread & Apricots	10. Broccoli, Cheddar & Turkey Chowder, Italian Green Beans w/Garbanzo Beans, Crackers, Roll & Mandarin Oranges	11. Sweet-n-Sour Sliced Pork w/Vegetables, Brussel Sprouts, Vegetable Rice Pilaf, Wheat Bread & Red Grapes
14. Shepherd's Pie (w/ Corn & Mashed Potatoes), Diced Carrots, Wheat Dinner Roll & Pumpkin Cookie	15. Pork Cutlet w/Peppers & Onions in Sauce, Mashed Cauliflower, Diced Beets, Wheat Roll & Applesauce	16. Beef & Veggie Stew w/Potatoes & Beans, Green Beans w/White Kidney Beans, Biscuit & Banana Bread	17. Oven Fried Chicken, Garlic Mashed Potatoes, Spinach, Whole Wheat Bread & Orange	18. Turkey Meatballs Alfredo w/Asiago Cheese, Parmesan & Spinach, Roasted Potatoes, Peas & Carrots, Wheat Dinner Roll & Pineapple Tidbits
21. Lasagna Roll w/Meat & Marinara Sauce, Brussel Sprouts, Parmesan Cheese, Wheat Bread & Baked Sliced Apples	22. Chicken Chow Mein w/Shredded Cabbage, Vegetable Rice Pilaf w/ Black Beans, Capri Veggies, Chow Mein Noodles, Dinner Roll & Pears	23. Zucchini, Onion & Summer Squash Quiche w/Cheddar, Peas & Mushrooms, Broccoli & Cauliflower Blend, Wheat Bread & Tropical fruit	24. Roast Pork Loin, Applesauce, Sweet Potatoes, Diced Beets. Wheat Dinner Roll & Berry Crisp w/Cream	25. Chicken & Broccoli Divan Casserole, Wide Egg Noodles, Diced Carrots, Wheat Dinner Roll & Pumpkin Pudding
28. Beef Steak, B.B.Q. Sauce, Rice Pilaf w/Diced Tomatoes & Veggies, Italian vegetables, Wheat Bread & Pineapple Tidbits	29. Pot Roast w/Gravy, Mashed Potatoes, Carrots, Potato Dinner Roll & Mandarin Oranges	30. Vegetarian Sweet-n-Sour Stew w/Lentils, Vegetable Rice Pilaf, Brussel Sprouts, Wheat Bread & Macintosh Apple	31. Beef Goulash w/Marinara Sauce, Broccoli Florets, Biscuit & Pineapple Tidbits	

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

