



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Scalloped Potatoes w/Smoked Turkey & Cheese, Mixed Beans, Wheat Roll & Halloween Cookie
4. Chicken Cordon Bleu, w/Smoked Turkey & Sauce, Mashed Sweet Potatoes, Cauliflower Florets, Wheat Dinner Roll & Cherry Chiffon w/Pears & Cream	5. Salisbury Steak, Brown Sauce, Mashed Potatoes, Brussel Sprouts, Wheat Dinner Roll & Carrot Birthday Cake	6. Chicken, Corn & Potato Stew w/Cannellini Beans, Winter Mixed Veggies, Biscuit & Pumpkin Cookie w/Craisins & White Chips	7. Roast pork, Sauce, Mashed Red Potatoes, Butternut Squash, Wheat Dinner Roll & Apple Crisp w/Topping	8. Beef Stroganoff w/mushroom & Onions, Whole Grain Rotini Noodles, Broccoli Florets, Wheat Roll & Apricots
11. Veteran's Day No Meals Served Closed	12. Mac & Cheese, Diced Carrots, Winter Mixed Blend, Wheat Bread & Red Grapes	13. Chicken-n-Wheat Biscuit, Mashed Potatoes, Spinach & Date & Apple Cookie	14. Chopped Broccoli Ricotta Pie, Peas & Onions, Wheat Bread & Orange	15. Roast Turkey & Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Sliced Carrots, Wheat Dinner Roll & Pumpkin Pie w/Cream
18. Baked Meatloaf w/Sauce, Boiled Potatoes w/Parsley, Mixed Beans, Whole Wheat Roll & Fruit Cocktail	19. Pork & Vegetable Stew w/Black Beans, Cut Green Beans, Wheat Biscuit & Mandarin Oranges	20. BBQ Chicken Breast, Mashed Potatoes, Beets w/Orange Sauce, Wheat Bread & Pineapple Chunks	21. Lasagna Roll w/Marinara Sauce, Meat Sauce & Mozzarella Cheese, Broccoli Florets, Wheat Dinner Roll & Fruit	22. Cheese Omelet. Vegetable Rice Pilaf w/Peas, Brussel Sprouts, Wheat Dinner Roll & Seasoned Applesauce
25. Ground Beef Steak, Sauce, Vegetarian Baked Beans, Italian Vegetables, Wheat Bread, Mandarin Oranges w/Cream	26. Chicken Fingers, Duck Sauce, Home Fries, Green Beans, Wheat Bread & Pineapple Tidbits	27. Cheese Ravioli w/Meat Sauce, Parmesan Cheese, Cauliflower, Biscuit & Fruit Yogurt Parfait	28. Thanksgiving Holiday No Meals Served Closed	29. Holiday No Meals Served Closed

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

