



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*

**February 2025: Addison, Chittenden, Franklin & Grand Isle Counties**

Monday	Tuesday	Wednesday	Thursday	Friday
			1.	2.
3. Diced Chicken Marsala, Mushroom Sauce, Mashed Cauliflower, Green Beans w/Black Beans, Bread & Pineapple & Yogurt Parfait	4. Shepherd's Pie w/ Corn, Mashed Potatoes, Diced Carrots, Texas Toast & Peaches	5. Beef Stew w/ Potatoes & Vegetables, Brussel Sprouts, Biscuit, & Applesauce Birthday cake	6. Stuffed Chicken Breast & Cheese Stuffing, Mashed Potatoes, Beets, Potato Dinner Roll & Pears	7. Hamburger Steak w/Brown Sauce, Home Fries, Peas & Carrots, Wheat Bread & Pumpkin Cookie w/Craisins
10. Pulled Pork & Vegetable Stew, Four Bean Medley, Southern Biscuit & Pineapple Tidbits	11. Wheat Spaghetti w/Meatballs, Marinara & Parmesan Cheese, Spinach, Wheat Roll & Mandarin Oranges In Orange Jello	12. Chicken Cutlet w/Gravy, Brussel Sprouts. Mixed Blend Vegetables, Wheat Roll & Apple	13. Mild Beef Chili, <b>No Mushrooms, Rice</b> Pilaf w/Vegetables & Wild Rice, Peas & Onions, Corn Bread & Peaches	14. B.B.Q. Shredded Chicken, Vegetarian Baked Beans, Broccoli Florets, Wheat Dinner Roll & Applesauce
17. <b>Closed for Holiday NO MEALS SERVED</b>	18. Swedish Meatballs w/Sauce, Rotini Noodles, Sliced Carrots, Green Beans Wheat Dinner Roll & Pineapple Tidbits	19. Turkey Burger w/Vegetables, Vegetable Gravy, Diced Potatoes, Beets, Wheat Roll & Pumpkin Custard w/Cream	20. Diced Chicken -n- Southern Biscuit, Mashed Cauliflower, Spinach & Apple Crisp	21. Oven Fried Chicken, Red Mashed Potatoes w/Sour Cream, Capri Blend Vegetables, Wheat Bread & Pears
24. Cheese Ravioli w/Meat Sauce, Parmesan Cheese, Peas, Diced Carrots, Wheat Bread, & Fruited Yogurt Parfait	25. Scalloped Potatoes w/Smoked Turkey & Cheddar, Mixed Beans, Biscuit & Grapes	26. Diced Beef w/ Potatoes & Burgundy Wine Sauce, Broccoli Florets, White Dinner Roll & Fruit	27. Roast Pork w/Sauce. Mashed Potatoes, Green Beans, Wheat Roll, & Orange Orange	28. 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.

