



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

April 2025: Addison, Chittenden, Franklin & Grand Isle Counties

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Spinach & Onion Quiche, Brown Rice Pilaf w/ Vegetables, California Mixed Veggies, Wheat Roll & Red Delicious Apple	2. Chicken-n-Biscuit, Diced Carrots, Mashed Cauliflower & Applesauce	3. Pot roast w/Veggie Sauce, Boiled Potatoes w/Parsley, Brussel Sprouts. Wheat Bread & Fruit Crisp w/Cream	4. Vegetarian Minestrone Soup w/Plant-Based Beef, Crackers, Peas & Onions, White Roll & Strawberries w/Parfait Yogurt
7. Turkey Ala King, Mashed Potato, Harvard Beets, Wheat Dinner Roll & Pumpkin Cookie w/Craisins	8. Baked Ham w/Raisin Sauce, Sweet Potatoes, Capri Blend Veggies, Wheat Dinner Roll & Spring Fling Cake	9. BBQ Pork Loin, Mashed Potatoes, Brussel Sprouts, Biscuit & Chocolate Chip & Date Cookie	10. Au Gratin Potatoes w/Cheddar & Diced Turkey, Vegetable Blend, Wheat Bread & Apricots	11. Cheese Omelet, Home Fries, Green Beans & Carrots, Texas Toast & Orange
14. Baked Penne Pasta w/Mozzarella & Ricotta Cheese w/Beef, Winter Blend Vegetables, Wheat Bread & Fruit Cocktail	15. Chicken Fingers w/Sauce, Diced Carrots, Home Fries, Wheat Bread & Pineapple Chunks	16. Beef w/BBQ Sauce, Baked Beans, Broccoli Florets, Wheat Hamburger Roll & Peaches	17. Chicken Tarragon, Vegetable Brown Rice Pilaf, Chopped Spinach, Wheat Bread & Mandarin Orange	18. Rolette w/ Parmesan, Asiago & Cheddar Cheese, Green & Waxed Beans, Winter Squash, Wheat Roll & Fruit Salad
21. Hungarian Goulash, w/Onions & Diced Potatoes w/ Parsley, Brussel Sprouts, Whole Wheat Bread & Apple Crisp w/Topping	22. Meatloaf w/Brown Sauce, Garlic Home Fries, Green Beans, Whole Wheat Roll & Mandarin Oranges w/ Cream	23. Homestyle Chicken Thigh w/Gravy, Mashed Potatoes, Sliced Carrots w/Parsley, Texas Toast & Pumpkin Custard w/Cream	24. Swedish Steak w/ mushroom Sauce, Vegetable Brown Rice Pilaf, California Mixed Veggies, Whole Wheat Dinner Roll & Grapes	25. Oven Roasted Pork Cutlet w/Panko & Apple Tidbit Sauce Sweet Potatoes, Vegetable Blend, Whole Wheat Dinner Roll & Vanilla Pudding w/Peaches
28. Beef, Vegetable & Potato Stew w/Beans.. Broccoli Florets, Biscuit & Pears	29. Chicken w/Marsala Sauce & Mushrooms, Mashed Potatoes, Carrots, Wheat Bread, & Blueberries & Strawberries in Yogurt	30. Glazed Beef Patty w/Cheddar, Baked Beans w/Maple Syrup, Brussel Sprouts, Wheat Hamburger Roll & Orange		

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

