

AgingWell Adult Day Health

December, 2009

Mon	Tue 12/1/2009	Wed 12/2/2009	Thu 12/3/2009	Fri 12/4/2009	Sat 12/5/2009
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Oatmeal/Cold Cereal	Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Pancakes
	Fruit 1/2 cup	Fruit 1/2cup	Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup
	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter	Yogurt 1/2 cup
	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	
Snack	Snack	Snack	Snack	Snack	Snack
	Yogurt	Crackers	Yogurt 1/2 cup	Crackers	Yogurt 1/2 cup
	Crackers	Milk	Crackers	Milk	Crackers
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Lentil Soup	Borsch	Chicken Ravioli Soup	Mushroom Soup	Chinese Buffet
	Chicken & Vegetable Stew	Chicken Pomodoro	Spaghetti & Meatballs	Baked Fish & vegetables	
	Rice	Mashed Potatoes	Roasted Potatoes	Boiled Potatoes	
	Radish & Cucumber salad	Cole Slaw	Garden Salad	Cucumber salad	
	Ham Salad Sandwich	Seafood Salad Sandwich	Italian Sandwich	Chicken Salad Sandwich	
Mon 12/7/2009	Tue 12/8/2009	Wed 12/9/2009	Thu 12/10/2009	Fri 12/11/2009	Sat 12/12/2009
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Eggs/Cottage Cheese	Buckwheat/Cold Cereal	English Muffins/butter
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup	Peaches 1/2 cup	1/2 banana	Fruit Salad
Coffee, Tea, Juice	Toast w/butter	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice
	Coffee, Tea, Juice	Toast w/butter	Toast w/butter	Toast w/butter	Yogurt 1/2 cup
Snack	Snack	Snack	Snack	Snack	Snack
Yogurt 1/2 cup	Crackers	Yogurt	Milk	Yogurt	Crackers
Crackers	Milk	Crackers	Crackers	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Vegetable Soup	Bean Soup	Meat Chowder (Solyanka)	Borsch	Pea Soup	Ham or Turkey and
BBQ Chix	Veal Cutlet	Sea Bass Cutlet	Pork Chops	Stuffed Cabbage	Cheese Sandwich
Mashed Potatoes	Roasted Potatoes	Pasta	Mashed Potatoes	Rice Pilaf	Potato Salad
Garden Salad	Mushroom Salad	Cole Slaw	Cucumber Salad	Carrot Salad	Chocolate Chip Cookie
Turkey Sandwich	Seafood Salad Sandwich	Bologna & Cheese Sandw	Chicken Salad Sandwich	Egg Salad Sandwich	Milk
Mon 12/14/2009	Tue 12/15/2009	Wed 12/16/2009	Thu 12/17/2009	Fri 12/18/2009	Sat 12/19/2009
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Pancakes
Toast w/butter	Fruit 1/2 cup	Fruit 1/2cup	Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup
1/2 cup of fruit	Toast w/butter	Toast w/butter	Toast w/butter	Toast w/butter	Yogurt 1/2 cup
Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	
Snack	Snack	Snack	Snack	Snack	Snack
Crackers	Yogurt	Crackers	Yogurt 1/2 cup	Crackers	Yogurt 1/2 cup
Milk	Crackers	Milk	Crackers	Milk	Crackers
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Mushroom Soup	Spinach Soup	Mushroom Soup	Chix Noodle Soup	Borsch	Butternut Squash Soup
Veal Stew	Pan Fried Tilapia	Pork Chops	Meat Loaf	Grilled chicken	Ham with Pineapples
Mashed Potatoes	Roasted Potatoes	Rice Pilaf	Mashed Potatoes	Roasted Potatoes	Mashed Potatoes
Caesar Salad	Cole Slaw	Garden Salad	Cucumber Salad	Greek Salad	Green Beans, Corn, Rolls
Tuna Salad Sandwich	Ham and Cheese Sandwich	Turkey Sandwich	Italian Sandwich	Egg Salad Sandwich	Christmas Cookies
Mon 12/21/2009	Tue 12/22/2009	Wed 12/23/2009	Thu 12/24/2009	Fri 12/25/2009	Sat 12/26/2009
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Buckwheat/Cold Cereal	Eggs/Cottage Cheese	Oatmeal/Cold Cereal	Eggs/Cottage Cheese		English Muffins/butter
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup		Fruit Salad
Coffee, Tea, Juice	Toast w/butter	Coffee, Tea, Juice	Toast w/butter		Coffee, Tea, Juice
	Coffee, Tea, Juice	Toast w/butter	Coffee, Tea, Juice		Yogurt 1/2 cup
Snack	Snack	Snack	Snack	Snack	Snack
Yogurt 1/2 cup	Crackers	Yogurt	Yogurt 1/2 cup		Crackers
Crackers	Milk	Crackers	Crackers		Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Bean Soup	Mushroom Soup	Vegetable Soup	Minestrone		
Spaghetti & Meatballs	Veal Stew	Pork Chops	Chicken Cutlet		
Garlic Bread	Couscous	Roasted Potatoes	Mashed Potatoes		
Garden Salad	Tomato Salad	Cucumber Salad	Caesar Salad		
Chicken Salad Sandwich	Bologna Sandwich		Italian Sandwich		
Mon 12/28/2009	Tue 12/29/2009	Wed 12/30/2009	Thu 12/31/2009	Fri	Sat
Breakfast	Breakfast	Breakfast	Breakfast		
Eggs/Cottage Cheese	Buckwheat/Cold Cereal	Oatmeal/Cold Cereal	Eggs/Cottage Cheese		
Toast w/butter	Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup		
1/2 cup of fruit	Toast w/butter	Toast w/butter	Toast w/butter		
Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Coffee, Tea, Juice	Milk 1 cup - for breakfast and lunch	
Snack	Snack	Snack	Snack	Peanut Butter and Jelly Sandwich	
Crackers	Crackers	Crackers	Yogurt 1/2 cup	always available per request	
Milk	Yogurt	milk	Crackers		
Lunch	Lunch	Lunch	Lunch		
Vegetable Soup	Lamb Soup	Chicken Noodle Soup	Spinach Soup		
Veal Stew	Beef Liver	Sea Bass Cutlet	BBQ Chicken		
Buckwheat w pasta	Mashed Potatoes	Roasted Potatoes	Potato Salad		
Garden Salad	Beet Salad	Cole Slaw	Garden Salad		