



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

ESSEX JANUARY WEDNESDAY MEAL PICK-UP EVENTS

Meal provided to individuals 60+ years of age.

WHEN & WHERE:

Meal pick-up Wednesday's:

11:30: am - 1:00 pm

Essex Parks & Rec, 81 Main St, Essex Junction

CONTACT & REGISTRATION:

Nicole Mone-St.Marthe

802-878-1342 or nstmarthe@essex.org

Please register the Thursday before.

No delivery available.

\$5 suggested donation

JANUARY 3

Roast pork, apple Craisin gravy, diced potatoes, Harvard beets, wheat roll, pumpkin cookie, & milk.

JANUARY 10

Baked cheese lasagna rollette with marinara & beef, spinach, biscuit, pineapple chunks, & milk.

JANUARY 17

Oven fried chicken breast, diced potatoes with parsley, peas & onions, wheat roll, date Craisin bar, & milk.

JANUARY 24

BBQ pork rib, home fried potatoes, carrots, wheat biscuit, fruit crisp with cream, & milk.

JANUARY 31

Sliced pot roast au jus, Ranch mashed potatoes, carrots & cabbage, wheat roll, apple pie, & milk.