



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](http://agewellvt.org)

## MONKTON APRIL WEDNESDAY MEAL PICK-UP EVENTS

Meal provided to individuals 60+ years of age.

### WHEN & WHERE:

Meal pick-up Wednesday's:  
11:30 am  
Monkton Town Hall, 92 Monkton Ridge

### CONTACT & REGISTRATION:

Michelle Eastman  
802-377-1419 or  
[michelle@agewellvt.org](mailto:michelle@agewellvt.org)  
Please register the Friday before.  
No delivery available.

### APRIL 6

Sweet-n-sour pork with sweet-n-sour vegetable sauce, brown rice with lentils and vegetables, green beans, dinner roll, congo bar & milk.

### APRIL 13

Baked ham with raisin sauce, sweet potatoes, capri blend vegetables, dinner roll, Easter cake with icing, & milk.

### APRIL 20

Beef with BBQ sauce, baked beans, broccoli florets, dinner roll, pumpkin cookie & milk.

### APRIL 27

Roast turkey with gravy, mashed potatoes, sliced carrots with parsley, dinner roll, pumpkin pie with cream, & milk.