



SEPTEMBER | 2018

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>				
<p>3 AGEWELL CLOSED</p>	<p>4 Turkey BLT Carrots Raisin Salad Fresh Apple 5</p>	<p>5 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>6 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6</p>	<p>7 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>10 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>11 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p>12 Tomato Salami Raisins Corn with Peppers 6</p>	<p>13 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>	<p>14 Chicken Veggie Pita Apple Side Salad 7</p>
<p>17 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>18 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>19 Turkey Bagel Raisins Baked Beans 6</p>	<p>20 Beef and Bleu Wrap Pineapple Side Salad 6</p>	<p>21 Egg Salad Banana Coleslaw 6</p>
<p>24 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>25 Tomato Salami Raisins Corn with Peppers 6</p>	<p>26 Ham and American Banana Yogurt Carrot & Celery Sticks 6</p>	<p>27 Turkey BLT Fresh Apple Carrot Raisin Salad Cake 6</p>	<p>28 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>

News

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

September 3: AgeWell CLOSED for Labor Day

September 27: Birthday Celebration



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