



OCTOBER | 2017

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey BLT Fresh Apple Carrot Raisin Salad 5	3 Chicken Fajita Wrap Ambrosia Corn with Peppers 6	4 Roast Beef & Swiss Banana Yogurt Carrots & Celery 6	5 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	6 Tuna Salad Raisins Creamy Cucumbers 6
9 Chicken Vegetable Pita Apple Side Salad 7	10 Turkey on an Onion Bun Banana Baked Beans 6	11 Pastrami & Swiss Fruit Cocktail Fresh Orange 6	12 Tomato Salad Raisins Corn with Peppers 6	13 Southwest Wrap Tropical Fruit Carrots and Celery 5
16 Grilled Chicken Raisins Creamy Cucumbers 5	17 Chicken Burrito Corn with Peppers Applesauce 7	18 Egg Salad Banana Coleslaw 6	19 Beef and Bleu Wrap Pineapple Side Salad 6	20 Turkey Bagel Raisins Baked Beans 6
23 Tuna Salad Three Bean Salad Peaches Apple Juice 6	24 Turkey BLT Fresh Apple Carrot Raisin Salad 5	25 AgeWell CLOSED For Team Training	26 Ham and American Banana Yogurt Carrots and Celery Cake 7	27 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Orange 5
30 Egg Salad Baked Beans Pears Orange Juice 6	31 Seafood Sub Corn with Peppers Banana 8		***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

October 25: AgeWell Closed
for Team Training

October 19:
Halloween Celebration
at Meal Sites

October 28:
Birthday Celebration



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www.agewellservices.org