



# MARCH | 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>1 Tomato Salami Raisins Corn with Peppers 6</p>	<p>2 Ham and American Banana Yogurt Carrot &amp; Celery Sticks 6</p>
<p>5 Haystack Pork Pea &amp; Cheese Salad Applesauce 4</p>	<p>6 PB &amp; J Tomato Basil Salad Fresh Apple 6</p>	<p>7 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>8 Seafood Sub Corn with peppers Banana 8</p>	<p>9 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>
<p>12 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>13 Pizza Sub Raisins Carrot &amp; Celery Sticks Mandarin Oranges 7</p>	<p>14 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 4</p>	<p>15 Meatloaf Corn with Peppers Tropical Fruit 5</p>	<p>16 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>
<p>19 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>20 Tuna Salad Raisins Creamy Cucumbers 6</p>	<p>21 <b>AgeWell CLOSED No Meals Served</b></p>	<p>22 Chicken Fajita Wrap Ambrosia Corn with Peppers Cake 7</p>	<p>23 Roast Beef &amp; Swiss Banana Yogurt Carrot &amp; Celery Sticks 6</p>
<p>26 Tomato Salami Raisins Corn with Peppers 6</p>	<p>27 Southwest Wrap Tropical Fruit Carrot &amp; Celery Sticks 5</p>	<p>28 Chicken Veggie Pita Apple Side Salad 7</p>	<p>29 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>30 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>

**MENU**

Includes Low Fat Milk

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

Meals Subject to Change

**Special Events**

**March 11: Day Light Saving Begins**

**March 16: St. Patrick's Day Party**

**March 21: AgeWell Closed for Team Training**

**March 22: Birthday Party**



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