



DECEMBER | 2017

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 Turkey Bagel Raisins Baked Beans 6</p>
<p>4 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>	<p>5 Tomato Salami Raisins Corn with peppers 6</p>	<p>6 Ham & American Banana Yogurt Carrots and Celery 6</p>	<p>7 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p>8 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>
<p>11 Seafood Sub Corn with Peppers Banana 8</p>	<p>12 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>13 Haystack Pork Peas and Cheese Applesauce 4</p>	<p>14 Peanut Butter and Jelly Tomato Basil Salad Fresh Apple 6</p>	<p>15 Egg Salad Baked Beans Pears Orange Juice 6</p>
<p>18 Meatloaf Corn with Peppers Tropical Fruit 5</p>	<p>19 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p>20 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>21 Pizza Sub Raisins Carrots and Celery Mandarin Oranges 7</p>	<p>22 AgeWell CLOSED</p>
<p>25 AgeWell CLOSED</p>	<p>26 Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p>27 Roast Beef and Swiss Banana Yogurt Carrots and celery 6</p>	<p>28 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>29 AgeWell CLOSED</p>

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

December 14th: Birthday Celebration

December 21st: DTE Dinner

December 22nd: Closed

December 23rd: Closed

December 29th: Closed



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