



SEPTEMBER | 2017

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates		1 Southwest Wrap Tropical fruit Carrot & Celery Sticks 5
4 CLOSED	5 Chicken Burrito Corn with Peppers Applesauce 7	6 Egg Salad Sandwich Banana Coleslaw 6	7 Beef & Bleu Wrap Pineapple Side Salad 6	8 Turkey Bagel Raisins Baked Beans 6
11 Tuna Salad Sandwich 3-Bean Salad Peaches Apple Juice 6	12 Tomato Salami Spinach Raisins Corn with Peppers 6	13 Turkey BLT Fresh Apple Carrot Raisin Salad 5	14 Ham & American Banana Yogurt Carrot & Celery Sticks 6	15 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5
18 Seafood Sub Corn with Peppers Banana 8	19 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	20 Egg Salad Sandwich Baked Beans Pears Orange Juice 6	21 Haystack Pork Pea & Cheese Salad Applesauce 4	22 PB & J Tomato Basil Salad Apple 6
25 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5	26 Meatloaf Corn with Peppers Tropical Fruit 5	27 Chicken Salad Croissant Potato Salad Fruited Yogurt 4	28 Bleu Moon Carrot Raisin Salad Banana 6	29 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

September 4:
Closed for Labor Day

September 28:
Birthday Celebration



(231) 755-0434
Toll free: 1-800-442-6769
www.agewellservices.org