



# NOVEMBER | 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><b>1</b> Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p><b>2</b> Haystack Pork Peas and Cheese Applesauce 4</p>	<p><b>3</b> Peanut Butter and Jelly Tomato Basil Salad Fresh Apple 6</p>
<p><b>6</b> Chicken Salad Croissant Potato Salad Fruited Yogurt 4</p>	<p><b>7</b> Meatloaf Sandwich Corn with Peppers Tropical Fruit 5</p>	<p><b>8</b> Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p><b>9</b> Bleu Moon Sandwich Carrot Raisin Salad Banana 6</p>	<p><b>10</b> Pizza Sub Raisins Carrots and Celery Mandarin Oranges 7</p>
<p><b>13</b> Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p><b>14</b> Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p><b>15</b> Roast Beef &amp; Swiss Banana Yogurt Carrots and Celery 6</p>	<p><b>16</b> Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p><b>17</b> Tuna Salad Raisins Creamy Cucumbers 6</p>
<p><b>20</b> Chicken Vegetable Pita Apple Side Salad 7</p>	<p><b>21</b> Turkey on an Onion Bun Banana Baked Beans 6</p>	<p><b>22</b> Pastrami &amp; Swiss Fruit Cocktail Fresh Orange 6</p>	<p><b>23</b> <b>AGEWELL CLOSED</b></p>	<p><b>24</b> <b>AGEWELL CLOSED</b></p>
<p><b>27</b> Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p><b>29</b> Chicken Burrito Corn with Peppers Applesauce 7</p>	<p><b>29</b> Egg Salad Banana Coleslaw 6</p>	<p><b>30</b> Beef and Bleu Wrap Pineapple Side Salad 6</p>	

### MENU

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

**November 16:**  
Thanksgiving Celebration  
and Birthday Celebration

**November 23: CLOSED**

**November 24: CLOSED**



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