



FEBRUARY | 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 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>2 Pizza Sub Raisins Carrots and Celery Mandarin Oranges 7</p>
<p>5 Tuna Salad Raisins Creamy Cucumbers 6</p>	<p>6 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>7 Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p>8 Roast Beef and Swiss Banana Yogurt Carrots and celery 6</p>	<p>9 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>
<p>12 Southwest Wrap Tropical Fruit Carrots and Celery 5</p>	<p>13 Chicken Veggie Pita Apple Side Salad 7</p>	<p>14 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>15 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p>16 Tomato Salami Raisins Corn with Peppers 6</p>
<p>19 AGEWELL CLOSED</p>	<p>20 Turkey Bagel Raisins Baked Beans 6</p>	<p>21 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>22 Egg Salad Banana Coleslaw 6</p>	<p>23 Beef and Bleu Wrap Pineapple Side Salad 6</p>
<p>26 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p>27 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>28 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>		

MENU
Includes Low Fat Milk

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

Meals Subject to Change

Special Events

February 2: Groundhog's Day

February 14: Ash Wednesday

February 19: AgeWell Closed for President's day



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