



NOVEMBER | 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>		1 AGEWELL CLOSED	2 Egg Salad Banana Coleslaw 6
5 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	6 Tomato Salami Raisins Corn with Peppers 6	7 Ham and American Banana Yogurt Carrot & Celery Sticks 6	8 Turkey BLT Fresh Apple Carrot Raisin Salad 5	9 Tuna Salad Three Bean Salad Peaches Apple Juice 6
12 Egg Salad Baked Beans Pears Orange Juice 6	13 Seafood Sub Corn with peppers Banana 7	14 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	15 Haystack Pork Pea & Cheese Salad Applesauce Cake 5	16 PB & J Tomato Basil Salad Fresh Apple 6
19 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	20 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 4	21 Meatloaf Corn with Peppers Tropical Fruit 5	22 AGEWELL CLOSED	23 AGEWELL CLOSED
26 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	27 Turkey BLT Carrots Raisin Salad Fresh Apple 5	28 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	29 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks Cake 7	30 Tuna Salad Raisins Creamy Cucumbers 6

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Nov 1: AgeWell Closed for Staff Training

Nov 15: Birthday Celebration

Nov 22 and 23: AgeWell Closed for Thanksgiving



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