



DECEMBER | 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>3 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>4 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p>5 Tomato Salami Raisins Corn with Peppers 6</p>	<p>6 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>	<p>7 Chicken Veggie Pita Apple Side Salad 7</p>
<p>10 Turkey Bagel Raisins Baked Beans 6</p>	<p>11 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>12 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>13 Egg Salad Banana Coleslaw 6</p>	<p>14 Beef and Bleu Wrap Pineapple Side Salad 6</p>
<p>17 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>18 Tomato Salami Raisins Corn with Peppers 6</p>	<p>19 Ham and American Banana Yogurt Carrot & Celery Sticks 6</p>	<p>20 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>21 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>
<p>24 AGEWELL CLOSED</p>	<p>25 AGEWELL CLOSED</p>	<p>26 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>27 Haystack Pork Pea & Cheese Salad Applesauce 4</p>	<p>28 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>
<p>31 AGEWELL CLOSED</p>				

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Dec. 20: DTE Dinner

Dec. 24 & 25: Closed for Christmas

Dec. 31: Closed for New Year's Eve



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