



JANUARY | 2019

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 AGEWELL CLOSED	1 AGEWELL CLOSED	2 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	3 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 4	4 Meatloaf Corn with Peppers Tropical Fruit 5
7 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	8 Turkey BLT Carrots Raisin Salad Fresh Apple 5	9 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6	10 Chicken Fajita Wrap Ambrosia Corn with Peppers 6	11 Tuna Salad Raisins Creamy Cucumbers 6
14 Turkey on an Onion Bun Banana Baked Beans 6	15 Pastrami and Swiss Fruit Cocktail Fresh Orange 6	16 Tomato Salami Raisins Corn with Peppers 6	17 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5	18 Chicken Veggie Pita Apple Side Salad 7
21 AGEWELL CLOSED	22 Turkey Bagel Raisins Baked Beans 6	23 Grilled Chicken Raisins Creamy Cucumbers 5	24 Chicken Burrito Corn with Peppers Applesauce Birthday Cake 8	25 Egg Salad Banana Coleslaw 6
28 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	29 Tomato Salami Raisins Corn with Peppers 6	30 Ham and American Banana Yogurt Carrot & Celery Sticks 6	31 Turkey BLT Fresh Apple Carrot Raisin Salad 5	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Dec.31: AgeWell Closed for New Years

Jan.1: AgeWell Closed for New Years

Jan.21: AgeWell Closed for Martin Luther King Jr. Day

Jan. 24: Birthday Celebration



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