



FEBRUARY | 2019

Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1
4 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	5 Haystack Pork Pea & Cheese Salad Applesauce 4	6 Egg Salad Baked Beans Pears Orange Juice 6	7 Seafood Sub Corn with Peppers Banana 7	8 Tuna Salad Three Bean Salad Peaches Apple Juice 6
11 Bleu Moon Carrot Raisin Salad Banana 6	12 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	13 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	14 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 4	15 PB & J Tomato Basil Salad Fresh Apple 6
18 AGEWELL CLOSED	19 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	20 Turkey BLT Carrots Raisin Salad Fresh Apple 5	21 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6	22 Chicken Fajita Wrap Ambrosia Corn with Peppers 6
25 Turkey on an Onion Bun Banana Baked Beans 6	26 Pastrami and Swiss Fruit Cocktail Fresh Orange 6	27 Tomato Salami Raisins Corn with Peppers 6	28 Southwest Wrap Tropical Fruit Carrot & Celery Sticks Birthday Cake 6	1***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

Feb. 14: Valentine's
Day

Feb. 18: AgeWell
Closed for
Presidents Day

Feb. 28: Birthday
Celebration



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