



MARCH | 2019

Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>25***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>1 Chicken Veggie Pita Apple Side Salad 7</p>
<p>4 Turkey Bagel Raisins Baked Beans 6</p>	<p>5 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>6 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>7 Egg Salad Banana Coleslaw 6</p>	<p>8 Beef & Bleu Wrap Pineapple Side Salad 6</p>
<p>11 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>12 Tomato Salami Raisins Corn with Peppers 6</p>	<p>13 Ham and American Banana Yogurt Carrot & Celery Sticks 6</p>	<p>14 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>15 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>
<p>16 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>19 Haystack Pork Pea & Cheese Salad Applesauce 4</p>	<p>20 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>21 AgeWell Closed</p>	<p>22 PB & J Tomato Basil Salad Fresh Apple 6</p>
<p>25 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>26 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>27 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7</p>	<p>28 Chicken Salad on a Croissant Potato Salad Fruited Yogurt Birthday Cake 5</p>	<p>29 Meatloaf Corn with Peppers Tropical Fruit 5</p>

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

March 21: AgeWell Closed

March 28: Birthday Celebration



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