

APRIL | 2019



Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Bistro Sandwich Fruited Jell-O Marinated Cucumbers</p> <p>5</p>	<p>2 Turkey BLT Carrots Raisin Salad Fresh Apple</p> <p>5</p>	<p>3 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks</p> <p>6</p>	<p>4 Chicken Fajita Wrap Ambrosia Corn with Peppers</p> <p>6</p>	<p>5 Tuna Salad Raisins Creamy Cucumbers</p> <p>6</p>
<p>8 Turkey on an Onion Bun Banana Baked Beans</p> <p>6</p>	<p>9 Pastrami and Swiss Fruit Cocktail Fresh Orange</p> <p>6</p>	<p>10 Tomato Salami Raisins Corn with Peppers</p> <p>6</p>	<p>11 Southwest Wrap Tropical Fruit Carrot & Celery Sticks</p> <p>5</p>	<p>12 Chicken Veggie Pita Apple Side Salad</p> <p>7</p>
<p>15 Turkey Bagel Raisins Baked Beans</p> <p>6</p>	<p>16 Grilled Chicken Raisins Creamy Cucumbers</p> <p>5</p>	<p>17 Chicken Burrito Corn with Peppers Applesauce</p> <p>7</p>	<p>18 Egg Salad Banana Coleslaw</p> <p>6</p>	<p>19 Beef & Bleu Wrap Pineapple Side Salad</p> <p>6</p>
<p>21 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange</p> <p>5</p>	<p>23 Tomato Salami Raisins Corn with Peppers</p> <p>6</p>	<p>24 Ham and American Banana Yogurt Carrot & Celery Sticks</p> <p>6</p>	<p>25 Turkey BLT Fresh Apple Carrot Raisin Salad Birthday Cake</p> <p>6</p>	<p>26 Tuna Salad Three Bean Salad Peaches Apple Juice</p> <p>6</p>
<p>29 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O</p> <p>6</p>	<p>30 Haystack Pork Pea & Cheese Salad Applesauce</p> <p>4</p>	<p>1</p>	<p>2</p>	<p>3 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

**April 21: Easter
Sunday**

**April 25: Birthday
Celebration**



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