

MAY | 2019

Sandwich Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>2 PB & J Tomato Basil Salad Fresh Apple 6</p>	<p>3 Seafood Sub Corn with peppers Banana 8</p>
<p>6 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>7 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>8 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7</p>	<p>9 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 5</p>	<p>10 Meatloaf Corn with Peppers Tropical Fruit 5</p>
<p>13 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>14 Turkey BLT Carrots Raisin Salad Fresh Apple 5</p>	<p>15 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6</p>	<p>16 Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p>17 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>20 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>21 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p>22 Tomato Salami Raisins Corn with Peppers 6</p>	<p>23 Chicken Veggie Pita Apple Side Salad Birthday Cake 8</p>	<p>24 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>
<p>27 AgeWell Closed</p>	<p>28 Turkey Bagel Raisins Baked Beans 6</p>	<p>29 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>30 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>31 Egg Salad Banana Coleslaw 6</p>

Menu
Includes Low Fat Milk

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

Meals Subject to Change

Special Events

**May 23: Birthday
Party**

**May 27: AgeWell
Closed Memorial
Day**



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