

# AUGUST | 2019

## Sandwich Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>29</b> The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> Chicken Salad on a Croissant Potato Salad Fruited Yogurt 5</p>	<p><b>2</b> Meatloaf Corn with Peppers Tropical Fruit 5</p>
<p><b>5</b> Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p><b>6</b> Turkey BLT Carrots Raisin Salad Fresh Apple 5</p>	<p><b>7</b> Roast Beef &amp; Swiss Banana Yogurt Carrot &amp; Celery Sticks 6</p>	<p><b>8</b> Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p><b>9</b> Tuna Salad Raisins Creamy Cucumbers 6</p>
<p><b>1</b> Turkey on an Onion Bun Banana Baked Beans 6</p>	<p><b>13</b> Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p><b>14</b> Tomato Salami Raisins Corn with Peppers 6</p>	<p><b>15</b> Southwest Wrap Tropical Fruit Carrot &amp; Celery Sticks 5</p>	<p><b>16</b> Chicken Veggie Pita Apple Side Salad 7</p>
<p><b>19</b> Turkey Bagel Raisins Baked Beans 6</p>	<p><b>20</b> Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p><b>21</b> Chicken Burrito Corn with Peppers Applesauce 7</p>	<p><b>22</b> Egg Salad Banana Coleslaw Birthday Cake 7</p>	<p><b>23</b> Beef &amp; Bleu Wrap Pineapple Side Salad 6</p>
<p><b>26</b> Beef &amp; Bleu Wrap Pineapple Side Salad 6</p>	<p><b>27</b> Tomato Salami Raisins Corn with Peppers 6</p>	<p><b>28</b> Ham and American Banana Yogurt Carrot &amp; Celery Sticks 6</p>	<p><b>29</b> Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p><b>30</b> Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>

### Menu

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

August 22: Birthday Celebration



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