

# SEPTEMBER | 2019



## Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> AgeWell Closed	<b>3</b> Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	<b>4</b> Haystack Pork Pea & Cheese Salad Applesauce 4	<b>5</b> Egg Salad Baked Beans Pears Orange Juice 6	<b>6</b> PB & J Tomato Basil Salad Fresh Apple 6
<b>9</b> Bleu Moon Carrot Raisin Salad Banana 6	<b>10</b> Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	<b>11</b> Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	<b>12</b> Chicken Salad on a Croissant Potato Salad Fruited Yogurt 5	<b>13</b> Meatloaf Corn with Peppers Tropical Fruit 5
<b>16</b> Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	<b>17</b> Turkey BLT Carrots Raisin Salad Fresh Apple 5	<b>18</b> Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6	<b>19</b> Chicken Fajita Wrap Ambrosia Corn with Peppers 6	<b>20</b> Tuna Salad Raisins Creamy Cucumbers 6
<b>23</b> Turkey on an Onion Bun Banana Baked Beans 6	<b>24</b> Pastrami and Swiss Fruit Cocktail Fresh Orange 6	<b>25</b> Tomato Salami Raisins Corn with Peppers 6	<b>26</b> Southwest Wrap Tropical Fruit Carrot & Celery Sticks Birthday Cake 6	<b>27</b> Chicken Veggie Pita Apple Side Salad 7
<b>30</b> Turkey Bagel Raisins Baked Beans 6	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

### Menu

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

September 2: AgeWell Closed; Labor Day

September 26: Birthday Celebration



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