



MARCH | 2020

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bleu Moon Carrot Raisin Salad Banana 6	3 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	4 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 5	5 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	6 Meatloaf Corn with Peppers Tropical Fruit 5
9 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	10 Turkey BLT Carrots Raisin Salad Fresh Apple 5	11 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6	12 Chicken Fajita Wrap Ambrosia Corn with Peppers 6	13 Tuna Salad Raisins Creamy Cucumbers 6
16 Turkey on an Onion Bun Banana Baked Beans 6	17 Tomato Salami Raisins Corn with Peppers 6	18 Pastrami and Swiss Fruit Cocktail Fresh Orange 6	19 AgeWell Closed	20 Chicken Veggie Pita Apple Side Salad 7
23 Chicken Burrito Corn with Peppers Applesauce 7	24 Turkey Bagel Raisins Baked Beans 6	25 Grilled Chicken Raisins Creamy Cucumbers 5	26 Egg Salad Banana Coleslaw Birthday Cake 7	27 Beef & Bleu Wrap Pineapple Side Salad 6
30 Tomato Salami Raisins Corn with Peppers 6	31 Beef & Bleu Wrap Pineapple Side Salad 6	1	2	3 ***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

March 19: AgeWell
Closed for Training

March 26:
Birthday Celebration