


# SEPTEMBER | 2020



## Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b>	<b>1</b> Turkey BLT Carrots Raisin Salad Fresh Apple 5	<b>2</b> Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6	<b>3</b> Chicken Fajita Wrap Ambrosia Corn with Peppers 6	<b>4</b> Tuna Salad Raisins Creamy Cucumbers 6
<b>7</b> AgeWell Closed	<b>8</b> Turkey on an Onion Bun Banana Baked Beans 6	<b>9</b> Pastrami and Swiss Fruit Cocktail Fresh Orange 6	<b>10</b> Tomato Salami Raisins Corn with Peppers 6	<b>11</b> Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5
<b>14</b> Turkey Bagel Raisins Baked Beans 6	<b>15</b> Grilled Chicken Raisins Creamy Cucumbers 5	<b>16</b> Chicken Burrito Corn with Peppers Applesauce 7	<b>17</b> Egg Salad Banana Coleslaw 6	<b>18</b> Beef & Bleu Wrap Pineapple Side Salad 6
<b>21</b> Beef & Bleu Wrap Pineapple Side Salad 6	<b>22</b> Tomato Salami Raisins Corn with Peppers 6	<b>23</b> Ham and American Banana Yogurt Carrot & Celery Sticks 6	<b>24</b> Turkey BLT Fresh Apple Carrot Raisin Salad Birthday Cake 6	<b>25</b> Tuna Salad Three Bean Salad Peaches Apple Juice 6
<b>28</b> Ranchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	<b>29</b> Haystack Pork Pea & Cheese Salad Applesauce 4	<b>30</b> Egg Salad Baked Beans Pears Orange Juice 6	<b>1</b>  (231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org	<b>**</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

Sept. 24-Birthday Celebration

Reminder: Due to  
COVID-19 Delivery  
Drivers will be taking  
precautions. Please  
note:

- Drivers will wear masks and sanitize between each delivery
- Drivers will leave meals on your patio or porch
- They will knock or ring your doorbell to let you know your meal is there
- They will wait until they see you are home before leaving the meal