

OCTOBER | 2020



Sandwich Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p>  <p>(231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org</p>	<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 PB & J Tomato Basil Salad Fresh Apple 6</p>	<p>2 Seafood Sub Corn with peppers Banana 8</p>
<p>5 Bleu Moon Carrot Raisin Salad Banana 6</p>	<p>6 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5</p>	<p>7 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7</p>	<p>8 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 5</p>	<p>9 Meatloaf Corn with Peppers Tropical Fruit 5</p>
<p>12 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>13 Turkey BLT Carrots Raisin Salad Fresh Apple 5</p>	<p>14 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6</p>	<p>15 Chicken Fajita Wrap Ambrosia Corn with Peppers 6</p>	<p>16 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>19 Turkey on an Onion Bun Banana Baked Beans 6</p>	<p>20 Pastrami and Swiss Fruit Cocktail Fresh Orange 6</p>	<p>21 Tomato Salami Raisins Corn with Peppers 6</p>	<p>22 Southwest Wrap Tropical Fruit Carrot & Celery Sticks Birthday Cake 6</p>	<p>23 Chicken Veggie Pita Apple Side Salad 7</p>
<p>26 Turkey Bagel Raisins Baked Beans 6</p>	<p>27 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>28 Chicken Burrito Corn with Peppers Applesauce 7</p>	<p>29 Egg Salad Banana Coleslaw 6</p>	<p>30 Beef & Bleu Wrap Pineapple Side Salad 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Oct. 22 - 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