




DECEMBER | 2020

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>1 Chicken Veg Pita Apple Side Salad 7</p>	<p>2 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>3 Tomato & Salami Raisins Corn w/Peppers 6</p>	<p>4 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>
<p>7 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>8 Chicken Burrito Corn w/Peppers Applesauce 7</p>	<p>9 Egg Salad Banana Coleslaw 6</p>	<p>10 Beef & Bleu Pineapple Side Salad 6</p>	<p>11 Turkey Bagel Raisins Baled Beans 6</p>
<p>14 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>15 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>	<p>16 Tomato Salami Raisins Corn with Peppers 6</p>	<p>17 DTE Dinner</p>	<p>18 Ham and American Banana Yogurt Carrot & Celery Sticks 6</p>
<p>21 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>22 Haystack Pork Pea & Cheese Salad Applesauce 4</p>	<p>23 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>24 AgeWell Closed</p>	<p>25 AgeWell Closed</p>
<p>28 AgeWell Closed</p>	<p>29 AgeWell Closed</p>	<p>30 AgeWell Closed</p>	<p>31 AgeWell Closed</p>	<p>1</p>  <p>(231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org</p>

Menu
Includes Low Fat Milk

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

Dec. 17 DTE Dinner
Dec.24-Jan.1-AgeWell Closed

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