

JULY | 2021

Sandwich Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>1 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>2 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>5 AGEWELL CLOSED</p>	<p>6 Turkey Onion Bun Fresh Fruit Baked Beans 6</p>	<p>7 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>8 Tomato Salami Raisins Corn w/ Peppers 6</p>	<p>9 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>
<p>12 Grilled Chicken Wrap Raisins Creamy Cucumbers 5</p>	<p>13 Chicken Burrito Corn W/peppers Applesauce 7</p>	<p>14 Egg Salad Fresh Fruit Coleslaw 6</p>	<p>15 Beef & Bleu Wrap Pineapple Side Salad 6</p>	<p>16 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4</p>
<p>19 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>20 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>	<p>21 Tomato Salami Raisins Corn w/Peppers 6</p>	<p>22 AGEWELL CLOSED</p>	<p>23 Mush Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>
<p>26 Egg Salad Baked Beans Pears Orange Juice 6</p>	<p>27 Seafood Sub Corn W/Peppers Fresh Fruit 8</p>	<p>28 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>29 Haystack Pork Peas & Cheese Applesauce Birthday Cake 5</p>	<p>30 PB & J Tomato Basil Salad Fresh Apples 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

- 7-5 AgeWell Closed
- 7-22 AgeWell Closed
- 7-29 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



(231) 755-0434
Toll free: 1-800-442-6769
www.agewellservices.org