

OCTOBER | 2021



Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 **The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1 PB & J Sandwich Tomato Basil Salad Fresh Apple 6</p>
<p>4 Chicken Salad Croissant Potato Salad Fruited Yogurt 4</p>	<p>5 Meatloaf Corn w/peppers Tropical Fruit 5</p>	<p>6 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p>7 Bleu moon Carrot Raisin Salad Banana 6</p>	<p>8 Pizza Sub Raisin Carrot/Celery Sticks Mandarin Oranges 7</p>
<p>11 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>12 Chicken Fajita Wrap Ambrosia Corn w/peppers 6</p>	<p>13 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>14 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>15 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>18 Chicken Veg Wrap Fresh Apple Side Salad 7</p>	<p>19 Turkey Onion Bun Fresh Fruit Baked Beans 6</p>	<p>20 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>21 Tomato & Salami Raisins Corn w/peppers 6</p>	<p>22 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5</p>
<p>25 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>26 Chicken Burrito Corn w/peppers Applesauce 7</p>	<p>27 Egg Salad Fresh Fruit Coleslaw 6</p>	<p>28 Beef & Bleu Wrap Pineapple tidbits Side Salad Birthday Cake 7</p>	<p>29 Turkey Bagel Raisins Baked Beans 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change
10-28 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



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