

NOVEMBER | 2021



Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey BLT Fresh Apple Creamy Cucumber 5	2 Tuna Salad Three Bean Salad Diced Peaches Apple Juice 6	3 Tomato Salami Raisins Corn W/peppers 6	4 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	5 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5
8 Egg Salad Baked Beans Diced Pears Orange Juice 6	9 Seafood Sub Corn w/peppers Fresh Fruit 8	10 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	11 Haystack Pork Peas & Cheese Applesauce 4	12 PB & J Tomato Basil Salad Fresh Apple 6
15 Chicken Salad Croissant Potato Salad Fruited Yogurt 4	16 Meatloaf Corn w/peppers Tropical Fruit 5	17 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5	18 Bleu Moon Carrot Raisin Salad Fresh Fruit Birthday Cake 6	19 Pizza Sub Raisins Carrot/Celery Sticks Mandarin Oranges 7
22 Turkey BLT Fresh Apple Carrot Raisin Salad 5	23 Chicken Fajita Wrap Ambrosia Corn w/peppers 6	24 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	25 AGEWELL CLOSED	26 AGEWELL CLOSED
29 Chicken Veg Wrap Fresh Apple Side Salad 7	30 Turkey Onion Bun Fresh Fruit Baked Beans 6	1	2	***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

11-18 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