



DECEMBER | 2021

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>2 Tomato Salami Raisins Corn w/peppers 6</p>	<p>3 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>
<p>6 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>7 Chicken Burrito Corn w/peppers Applesauce 7</p>	<p>8 Egg Salad Fresh Fruit Coleslaw 6</p>	<p>9 Beef & Bleu Wrap Pineapple Side Salad 6</p>	<p>10 Turkey Bagel Raisins Baked Beans 6</p>
<p>13 Turkey BLT Fresh Apple Creamy Cucumber 5</p>	<p>14 Tuna Salad Three Bean Salad Diced Peaches Apple Juice 6</p>	<p>15 Tomato Salami Raisins Corn W/peppers 6</p>	<p>16 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>17 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>
<p>20 Egg Salad Baked Beans Diced Pears Orange Juice 6</p>	<p>21 Seafood Sub Corn w/peppers Fresh Fruit 8</p>	<p>22 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>23 Haystack Pork Peas & Cheese Applesauce 4</p>	<p>24 AGEWELL CLOSED</p>
<p>27 AGEWELL CLOSED</p>	<p>28 Chicken Salad Croissant Potato Salad Fruited Yogurt 4</p>	<p>29 Meatloaf Corn w/peppers Tropical Fruit 5</p>	<p>30 AGEWELL CLOSED</p>	<p>31 AGEWELL CLOSED</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

12-16 DTE Meal
12-24, 12-27, 12-30, 12-31
AgeWell Closed For Holidays

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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