



JANUARY | 2022

Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>4 Chicken Fajita Wrap Ambrosia Corn w/peppers 6</p>	<p>5 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>6 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>7 Tuna Salad Raisins Creamy Cucumbers 6</p>
<p>10 Chicken Veg Wrap Fresh Apple Side Salad 7</p>	<p>11 Turkey Onion Bun Fresh Fruit Baked Beans 6</p>	<p>12 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>13 Tomato Salami Raisins Corn w/peppers 6</p>	<p>14 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>
<p>17 AGEWELL SERVICES CLOSED</p>	<p>18 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>19 Chicken Burrito Corn w/peppers Applesauce 7</p>	<p>20 Egg Salad Fresh Fruit Coleslaw 6</p>	<p>21 Beef & Bleu Wrap Pineapple Side Salad 6</p>
<p>24 Turkey BLT Fresh Apple Creamy Cucumber 5</p>	<p>25 Tuna Salad Three Bean Salad Diced Peaches Apple Juice 6</p>	<p>26 Tomato Salami Raisins Corn W/peppers 6</p>	<p>27 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks Birthday Cake 7</p>	<p>28 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>
<p>31 Egg Salad Baked Beans Diced Pears Orange Juice 6</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

1-17 AgeWell Closed
1-27 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