

# JULY | 2022



## Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>*** 1 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1 Chicken Veg Sandwich Apple Side Salad 7</p>
<p>4 <b>AgeWell Closed</b></p>	<p>5 Grilled Chicken Raisins Creamy Cucumber 5</p>	<p>6 Chicken Burrito Corn W/Peppers Applesauce 7</p>	<p>7 Egg Salad Banana Coleslaw 6</p>	<p>8 Turkey Bagel Raisins Baked Beans 6</p>
<p>11 Turkey BLT Apple Carrot Raisin Salad 5</p>	<p>12 Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>	<p>13 Tomato Salami Raisins Corn W/peppers 6</p>	<p>14 <b>AgeWell Closed</b></p>	<p>15 Ham &amp; American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>
<p>18 Egg Salad Baked Beans Diced Pears Orange Juice 6</p>	<p>19 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>20 Seafood Sub Corn w/peppers Fresh Fruit 8</p>	<p>21 Haystack Pork Peas &amp; Cheese Applesauce 4</p>	<p>22 PB &amp; J Sandwich Tomato Basil Salad Fresh Apple 6</p>
<p>25 Chicken Salad Croissant Potato Salad Fruited Yogurt 4</p>	<p>26 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p>27 Meatloaf Corn w/peppers Tropical Fruit 5</p>	<p>28 Blue Moon Carrot Raisin Salad Fresh Fruit Birthday Cake 7</p>	<p>29 Pizza Sub Raisin Box Carrot &amp; Celery Sticks Mandarin Oranges 7</p>

**Menu includes Low Fat Milk**

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

**Meals Subject to Change**

7-4 AgeWell Closed  
7-14 AgeWell Closed  
7-28 Birthday Celebration

**Reminder:**  
Due to COVID-19 Delivery Drivers will be taking precautions. Please note drivers will:  
-wear masks and sanitize between each delivery.  
-leave meals on your patio or porch.  
-knock or ring your doorbell to let you know your meal is there.  
-will wait until they see you are home before leaving the meal.

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