

SEPTEMBER | 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 *** 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 Egg Salad Baked Beans Diced Pears Orange Juice 6</p>	<p>2 PB & J Sandwich Tomato Basil Salad Fresh Apple 6</p>
<p>5 AGEWELL CLOSED</p>	<p>6 Meatloaf Corn w/peppers Tropical Fruit 5</p>	<p>7 Blue Moon Carrot Raisin Salad Fresh Fruit 6</p>	<p>8 Pizza Sub Raisin Box Carrot & Celery Sticks Mandarin Oranges 7</p>	<p>9 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>
<p>12 Chicken Fajita Wrap Ambrosia Corn w/peppers 6</p>	<p>13 Turkey BLT Fresh Apple Carrot Raisin Salad 5</p>	<p>14 Tuna Salad Raisins Creamy Cucumbers 6</p>	<p>15 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>16 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 7</p>
<p>19 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5</p>	<p>20 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>21 Tomato Salami Raisins Corn w/peppers 6</p>	<p>22 Chicken Veg Sandwich Apple Side Salad Birthday Cake 8</p>	<p>23 Turkey Onion Bun Fresh Fruit Baked Beans 6</p>
<p>26 Chicken Burrito Corn W/Peppers Applesauce 7</p>	<p>27 Turkey Bagel Raisins Baked Beans 6</p>	<p>28 Grilled Chicken Raisins Creamy Cucumber 5</p>	<p>29 Beef and Bleu Wrap Pineapple Side Salad 6</p>	<p>30 Egg Salad Banana Coleslaw 6</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**
9-5 AgeWell Closed
9-22 Birthday Celebration



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