

# OCTOBER | 2022



## Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Turkey BLT Apple Carrot Raisin Salad 5</p>	<p><b>4</b> Ham &amp; American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p><b>5</b> Tuna Salad Three Bean Salad Peaches Apple Juice 6</p>	<p><b>6</b> Tomato Salami Raisins Corn W/peppers 6</p>	<p><b>7</b> Mush Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>
<p><b>10</b> Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p><b>11</b> Seafood Sub Corn w/peppers Fresh Fruit 8</p>	<p><b>12</b> Haystack Pork Peas &amp; Cheese Applesauce 4</p>	<p><b>17</b> <b>AGEWELL CLOSED</b></p>	<p><b>14</b> Egg Salad Baked Beans Diced Pears Orange Juice 6</p>
<p><b>17</b> Meatloaf Sandwich Corn w/peppers Tropical Fruit 5</p>	<p><b>18</b> Blue Moon Carrot Raisin Salad Fresh Fruit 6</p>	<p><b>19</b> Pizza Sub Raisin Box Carrot &amp; Celery Mandarin Oranges 7</p>	<p><b>20</b> Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p><b>21</b> Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4</p>
<p><b>24</b> Chicken Fajita Ambrosia Corn w/peppers 6</p>	<p><b>25</b> Turkey BLT Fresh Fruit Carrot Raisin Salad 5</p>	<p><b>26</b> Tuna Salad Raisin Box Creamy Cucumbers 6</p>	<p><b>27</b> Bistro Sandwich Fruited Jell-O Marinated Cucumbers Birthday Cake 6</p>	<p><b>28</b> Roast Beef &amp; Swiss Fresh Fruit Fruited Yogurt Carrot &amp; Celery 7</p>
<p><b>31</b> Southwest Wrap Tropical Fruit Carrot &amp; Celery 5</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b> *** 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**

**10-13 AgeWell Closed for  
Training**

**10-27 Birthday Celebration**

  
**AgeWell**  
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