

# NOVEMBER | 2022



## Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b>	<b>1</b> Tomato Salami Raisins Corn w/Peppers 6	<b>2</b> Pastrami & Swiss Fruit Cocktail Fresh Orange 6	<b>3</b> Chicken Veg Wrap Fresh Apple Side Salad 7	<b>4</b> Turkey on Onion Bun Fresh Fruit Baked Beans 6
<b>7</b> Chicken Burrito Corn W/Peppers Applesauce 7	<b>8</b> Egg Salad Fresh Fruit Coleslaw 6	<b>9</b> Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	<b>10</b> Beef & Bleu Wrap Pineapple Tidbits Side Salad 6	<b>11</b> Turkey Bagel Raisins Baked Beans 6
<b>14</b> Turkey BLT Fresh Apple Carrot Raisin Salad 5	<b>15</b> Tuna Salad Three Bean Salad Peaches Apple Juice 6	<b>16</b> Tomato Salami Raisins Corn W/peppers 6	<b>17</b> Ham & American Fresh Fruit Fruited Yogurt Carrot & Celery Sticks Birthday Cake 7	<b>18</b> Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5
<b>21</b> Seafood Sub Corn w/peppers Fresh Fruit 8	<b>22</b> Egg Salad Baked Beans Pears Orange Juice 6	<b>23</b> Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	<b>24</b> <b>AGEWELL CLOSED</b>	<b>25</b> <b>AGEWELL CLOSED</b>
<b>28</b> Chicken Salad Wheat Croissant Potato Saad Fruited Yogurt 4	<b>29</b> Meatloaf Sandwich Corn w/peppers Tropical Fruit 5	<b>30</b> Mushroom Chicken Wrap Lemon Cucumber Salad Tomato Basil Salad Fresh Orange 5	<b>1</b>	<b>2</b> *** 1 carb count = 15g of carbohydrates

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**11-17 Birthday  
Celebration**

**11-24 & 11-25 AgeWell  
Closed**

  
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