



DECEMBER | 2022

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28*** 1 carb count = 15g of carbohydrates	29	30	1 Bleu Moon Carrot Raisin Salad Fresh Fruit 6	2 Pizza Sub Raisin Box Carrot/Celery Sticks Mandarin Oranges 7
5 Turkey BLT Fresh Apple Carrot Raisin Salad 5	6 Chicken Fajita Wrap Ambrosia Corn W/Peppers 6	7 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	8 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	9 Tuna Salad Raisin Box Creamy Cucumbers 6
12 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5	13 Turkey on Onion Bun Fresh Fruit Baked Beans 6	14 Chicken Veg Wrap Fresh Apple Side Salad 7	15 Pastrami & Swiss Fruit Cocktail Fresh Orange 6	16 Tomato Salami Raisins Corn w/Peppers 6
19 Turkey Bagel Raisins Baked Beans 6	20 Chicken Burrito Corn W/Peppers Applesauce 7	21 Egg Salad Coleslaw Fresh Fruit 6	22 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	23 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6
26 AGEWELL CLOSED	27 AGEWELL CLOSED	28 Tuna Salad Three Bean Salad Peaches Apple Juice 6	29 AGEWELL CLOSED	30 AGEWELL CLOSED

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

12-15 DTE Energy Dinner

**12-26 & 12-27 AgeWell
Closed**

**12-29 & 12-30 AgeWell
Closed**


AgeWell
 SERVICES
 231-755-0434
 800-442-6769
www.agewellservices.org