



JANUARY | 2023

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Egg Salad Baked Beans Diced Pears Orange Juice 6	3 Seafood Sub Corn w/Peppers Fresh Fruit 8	4 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	5 Haystack Pork Peas & Cheese Applesauce 4	6 PB & J Tomato Basil Salad Fresh Fruit 6
9 Meatloaf Sandwich Corn w/Peppers Tropical Fruit 5	10 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4	11 Bleu Moon Carrot Raisin Salad Fresh Fruit 6	12 Pizza Sub Raisin Carrot/Celery Sticks Mandarin Oranges 7	13 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5
16 AGEWELL CLOSED	17 Turkey BLT Fresh Apple Carrot Raisin Salad 5	18 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	19 Chicken Fajita Wrap Ambrosia Corn W/Peppers 6	20 Tuna Salad Raisin Box Creamy Cucumbers 6
23 Turkey on Onion Bun Fresh Fruit Baked Beans 6	24 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5	25 Chicken Veg Wrap Fresh Apple Side Salad 7	26 Pastrami & Swiss Fruit Cocktail Fresh Orange Birthday Cake 7	27 Tomato Salami Raisins Corn w/Peppers 6
30 Egg Salad Coleslaw Fresh Fruit 6	31 Turkey Bagel Raisins Baked Beans 6	1	2	3 *** 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**

1-16 AgeWell Closed

1-26 Birthday Celebration



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