



FEBRUARY | 2023

Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30*** 1 carb count = 15g of carbohydrates

31

1 Beef & Bleu Wrap
Pineapple
Side salad
6

2 Chicken Burrito
Corn W/Peppers
Applesauce
7

3 Grilled Chicken
Raisins
Creamy Cucumbers
5

6 Turkey BLT
Fresh Fruit
Carrot Raisin Salad
5

7 Tuna Salad
Three Bean Salad
Diced Peaches
Apple Juice
6

8 Tomato & Salami
Raisins
Corn W/Peppers
6

9 Ham & American
Fresh Fruit
Fruited Yogurt
Carrot/Celery Sticks
6

10 Mushroom Chicken
Wrap
Side Salad
Tomato Basil Salad
Fresh Fruit
5

13 Seafood Sub
Corn w/Peppers
Fresh Fruit
8

14 Egg Salad
Baked Beans
Diced Pears
Orange Juice
6

15 Haystack Pork
Peas & Cheese
Applesauce
4

16 PB & J
Tomato Basil Salad
Fresh Fruit
6

17 Crunchy Chicken
Wrap
Potato Salad
Raisins
Fruited Jell-O
6

20 **AGEWELL
CLOSED**

21 Meatloaf Sandwich
Corn w/Peppers
Tropical Fruit
5

22 Bleu Moon
Carrot Raisin Salad
Fresh Fruit
6

23 Chicken Salad
Wheat Croissant
Potato Salad
Fruited Yogurt
Birthday Cake
5

24 Pizza Sub
Raisin
Carrot/Celery Sticks
Mandarin Oranges
7

27 Turkey BLT
Fresh Apple
Carrot Raisin Salad
5

28 Roast Beef & Swiss
Fresh Fruit
Fruited Yogurt
Carrot/Celery Sticks
6

1

2

3

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

2-20 AgeWell Closed

2-23 Birthday Celebration



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www.agewellservices.org