



MARCH | 2023

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 *** 1 carb count = 15g of carbohydrates	28	1 Chicken Fajita Wrap Ambrosia Corn W/ Peppers 6	2 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	3 Tuna Salad Sandwich Raisins Creamy Cucumbers 6
6 Turkey Onion Sandwich Fresh Fruit Baked Beans 6	7 Pastrami & Swiss Fruit Cocktail Fresh Fruit 6	8 Tomato & Salami Sandwich Raisins Corn W/Peppers 6	9 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5	10 Chicken Veg Sandwich Fresh Fruit Side Salad 7
13 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	14 Egg Salad Sandwich Fresh Fruit Coleslaw 6	15 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6	16 Chicken Burrito Corn W/Peppers Applesauce Birthday Cake 8	17 Tukey Bagel Sandwich Raisins Baked Beans 6
20 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	21 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5	22 Tuna Salad Three Bean Salad Diced Peaches Apple Juice 6	23 AGEWELL CLOSED	24 Tomato & Salami Raisins Corn W/Peppers 6
27 Haystack Pork Peas & Cheese Applesauce 4	28 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	29 Egg Salad Baked Beans Diced Pears Orange Juice 6	30 PB & J Tomato Basil Salad Fresh Fruit 6	31 Seafood Sub Corn w/Peppers Fresh Fruit 8

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

3-16 Birthday Celebration

**3-23 AgeWell Closed for
Training**


 231-755-0434
 800-442-6769

www.agewellservices.org