

# SEPTEMBER | 2023

## Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>28</b> *** 1 carb count = 15g of carbohydrates</p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> Grilled Chicken Sandwich Raisins Creamy Cucumbers 5</p>
<p><b>4</b> <b>AGEWELL CLOSED</b></p>	<p><b>5</b> Ham &amp; American Sandwich Fresh Fruit Carrot &amp; Celery Sticks 6</p>	<p><b>6</b> Tomato Salami Sandwich Raisins Corn with Peppers 6</p>	<p><b>7</b> Tuna Salad Sandwich Three Bean Salad Peaches Apple Juice 6</p>	<p><b>8</b> Turkey BLT Sandwich Fresh Fruit Carrot Raisin Salad 5</p>
<p><b>11</b> Haystack Pork Peas &amp; Cheese Applesauce 4</p>	<p><b>12</b> Egg Salad Baked Beans Pears Orange Juice 6</p>	<p><b>13</b> Crunchy Chicken Wrap Potato Salad Raisins Fruit Cocktail 6</p>	<p><b>14</b> PB &amp; J Tomato Basil Salad Fresh Apple 6</p>	<p><b>15</b> Seafood Sub Corn W/Peppers Fresh Fruit 8</p>
<p><b>18</b> Pizza Sub Raisins Carrot &amp; Celery Sticks Mandarin Oranges 7</p>	<p><b>19</b> Bleu Moon Carrot Raisins Salad Fresh Fruit 6</p>	<p><b>20</b> Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5</p>	<p><b>21</b> Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Orange 5</p>	<p><b>22</b> Chicken Salad Croissant Potato Saad Fruited Yogurt 4</p>
<p><b>25</b> Bistro Sandwich Fruited Cocktail Marinated Cucumbers 5</p>	<p><b>26</b> Tuna Salad Raisins Creamy Cucumbers 6</p>	<p><b>27</b> Roast Beef &amp; Swiss Fresh Fruit Fruited Yogurt Carrot &amp; Celery Sticks 6</p>	<p><b>28</b> Chicken Fajita Wrap Ambrosia Corn W/Peppers Birthday Cake 7</p>	<p><b>29</b> Turkey BLT Fresh Fruit Carrot Raisin Salad 5</p>

**Menu includes Low Fat Milk**

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

**Meals Subject to Change**

**9-4 AgeWell Closed  
9-28 Birthday Celebration**



**\*\*Please remember Holiday meals will only be sent to those in highest need which is very few participants**

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