

NOVEMBER | 2023



Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 *** 1 carb count = 15g of carbohydrates	31	1 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5	2 Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5	3 Chicken Salad on Croissant Potato Salad Fruited Yogurt 4
6 Turkey BLT Fresh Fruit Carrot Raisin Salad 5	7 Chicken Fajita Wrap Ambrosia Corn W/Peppers 6	8 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6	9 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	10 Tuna Salad Sandwich Raisins Creamy Cucumbers 6
13 Tomato Salami Sandwich Raisins Corn W/ Peppers 6	14 Pastrami & Swiss Fruit Cocktail Fresh Fruit 6	15 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5	16 Turkey Onion Sandwich Fresh Fruit Baked Beans 6	17 Chicken Veg Wrap Fresh Fruit Side Salad 7
20 Egg Salad Sandwich Fresh Fruit Coleslaw 6	21 Chicken Burrito Corn W/ Peppers Applesauce 7	22 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6	23 AGEWELL CLOSED	24 AGEWELL CLOSED
27 Turkey BLT Sandwich Fresh Fruit Carrot Raisin Salad 5	28 Tomato Salami Sandwich Raisins Corn with Peppers 6	29 Tuna Salad Sandwich Three Bean Salad Peaches Apple Juice 6	30 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit Birthday Cake 6	1

Menu includes Low Fat Milk

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

Meals Subject to Change

11-23 AgeWell Closed
11-24 AgeWell Closed
11-30 Birthday Celebration



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

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