



DECEMBER | 2023

Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 *** 1 carb count = 15g of carbohydrates	28	29	30	1 Ham & American Sandwich Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6
4 Seafood Sub Corn W/Peppers Fresh Fruit 8	5 PB & J Sandwich Tomato Basil Salad Fresh Fruit 6	6 Haystack Pork Sandwich Peas & Cheese Applesauce 4	7 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	8 Egg Salad Sandwich Baked Beans Pears Orange Juice 6
11 Blue Moon Sandwich Carrot Raisins Salad Fresh fruit 6	12 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	17 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5	14 Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5	15 Chicken Salad Wheat Croissant Potato Saad Fruited Yogurt 4
18 Turkey BLT Sandwich Fresh Fruit Carrot Raisin Salad 5	19 Tuna Salad Sandwich Raisins Creamy Cucumbers 6	20 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	21 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6	22 AGEWELL CLOSED
25 AGEWELL CLOSED	26 Tomato Salami Sandwich Raisins Corn W/ Peppers 6	27 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5	28 Pastrami & Swiss Fruit Cocktail Fresh Fruit 6	29 AGEWELL CLOSED

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**12-14 DTE Dinner
12-22/12-25 AgeWell Closed
12-29/1-1 AgeWell Closed**



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

231-755-0434
800-442-6769
www.agewellservices.org