



# JANUARY | 2024

## Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1 AGEWELL  
CLOSED**

**2** Turkey Bagel  
Raisins  
Baked Beans  
5

**3** Chicken Burrito  
Corn W/peppers  
Applesauce  
7

**4** Beef & Bleu Wrap  
Pineapple tidbits  
Side Salad  
6

**5** Grilled Chicken  
Sandwich  
Raisins  
Creamy Cucumbers  
5

**8** Turkey BLT  
Fresh Fruit  
Carrot Raisin Salad  
5

**9** Tuna Salad  
Three Bean Salad  
Peaches  
Apple Juice  
6

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

**11** Mushroom Chicken  
Wrap  
Side Salad  
Tomato Basil Salad  
Fresh Fruit  
5

**12** Tomato & Salami  
Raisins  
Corn W/Peppers  
6

**15 AGEWELL  
CLOSED**

**16** Egg Salad Sandwich  
Baked Beans  
Pears  
Orange Juice  
6

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

**18** PB & J Sandwich  
Tomato Basil Salad  
Fresh Fruit  
6

**19** Haystack Pork  
Sandwich  
Peas & Cheese  
Applesauce  
4

**21** Meatloaf Sandwich  
Corn W/Peppers  
Tropical Fruit  
5

**23** Mushroom Chicken  
Wrap  
Cucumber Lemon  
Salad  
Tomato Basil Salad  
Fresh Fruit  
5

**24** Chicken Salad  
Wheat Croissant  
Potato Saad  
Fruited Yogurt  
4

**25** Pizza Sub  
Raisins  
Carrot & Celery Sticks  
Mandarin Oranges  
Birthday Cake  
8

**26** Blue Moon Sandwich  
Carrot Raisins Salad  
Fresh fruit  
6

**29** Roast Beef & Swiss  
Fresh Fruit  
Fruited Yogurt  
Carrot & Celery Sticks  
6

**30** Turkey BLT Sandwich  
Fresh Fruit  
Carrot Raisin Salad  
5

**31** Bistro Sandwich  
Fruited Jell-O  
Marinated Cucumbers  
5

**1**

**2** \*\*\* 1 carb count =  
15g of carbohydrates

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**1-1 AgeWell Closed  
1-15 AgeWell Closed  
1-25 Birthday Celebration**



**\*\*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**