



# FEBRUARY | 2024

## Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Chicken Fajita Wrap Ambrosia Salad Corn w/Peppers 6	2 Tuna Salad Sandwich Raisins Creamy Cucumbers 6
5 Turkey on Onion Bun Fresh Fruit Baked Beans 6	6 Chicken Veg Pita Fresh Fruit Side Salad 7	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
12 Turkey Bagel Raisins Baked Beans 5	13 Chicken Burrito Corn W/peppers Applesauce 7	14 Beef & Bleu Wrap Pineapple tidbits Side Salad 6	15 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	16 Egg Salad Sandwich Fresh Fruit Coleslaw 6
19 <b>AGEWELL CLOSED</b>	20 Turkey BLT Fresh Fruit Carrot Raisin Salad 5	21 Tuna Salad Three Bean Salad Peaches Apple Juice 6	22 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks Birthday Cake 7	23 Tomato & Salami Raisins Corn W/Peppers 6
1 Egg Salad Sandwich Baked Beans Pears Orange Juice 6	27 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	28 PB & J Sandwich Tomato Basil Salad Fresh Fruit 6	29 Haystack Pork Sandwich Peas & Cheese Applesauce 4	1 *** 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

2-19 AgeWell Closed  
2-22 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