



# MARCH | 2024

## Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> *** 1 carb count = 15g of carbohydrates				
<b>4</b> Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4	<b>5</b> Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5	<b>6</b> Bleu Moon Sandwich Carrot Raisin Salad Fresh Fruit 6	<b>7</b> Pizza Sub Raisins Carrot/Celery Sticks Mandarin Oranges 7	<b>8</b> Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5
<b>11</b> Chicken Fajita Wrap Ambrosia Salad Corn w/Peppers 6	<b>12</b> Tuna Salad Sandwich Raisins Creamy Cucumbers 6	<b>13</b> Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5	<b>14</b> Roast Beef & Swiss Cheese Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	<b>15</b> Turkey BLT Fresh Fruit Carrot Raisin Salad 5
<b>18</b> Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5	<b>19</b> Tomato Salami Sandwich Raisins Corn w/Peppers 6	<b>20</b> Turkey on Onion Bun Fresh Fruit Baked Beans 6	<b>21</b> Chicken Veg Pita Fresh Fruit Side Salad Birthday Cake 8	<b>22</b> Pastrami & Swiss Fruit Cocktail Fresh Fruit 6
<b>25</b> Egg Salad Sandwich Fresh Fruit Coleslaw 6	<b>26</b> Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	<b>27</b> Beef & Bleu Wrap Pineapple tidbits Side Salad 6	<b>28</b> <b>AGEWELL            CLOSED</b>	<b>29</b> Chicken Burrito Corn W/peppers Applesauce 7

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**3-21 Birthday Celebration  
3-28 AgeWell Closed for  
training**



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

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www.agewellservices.org