

# MAY | 2024

## Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> *** 1 carb count = 15g of carbohydrates	<b>30</b>	<b>1</b> Tomato Salami Sandwich Raisins Corn W/Peppers 6	<b>2</b> Turkey Onion Sandwich Fresh Fruit Baked Beans 6	<b>3</b> Chicken Veg Pita Fresh Fruit Side Salad 7
<b>6</b> Grilled Chicken Sandwich Raisins Creamy Cucumbers 5	<b>7</b> Chicken Burrito Corn W/Peppers Applesauce 7	<b>8</b> Egg Salad Sandwich Fresh Fruit Coleslaw 6	<b>9</b> Beef & Bleu Wrap Pineapple Tidbits Side Salad 6	<b>10</b> Turkey Bagel Raisins Baked Beans 6
<b>13</b> Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5	<b>14</b> Ham & American Sandwich Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6	<b>15</b> Tomato Salami Sandwich Raisins Corn W/Peppers 6	<b>16</b> Tuna Salad Sandwich Three Bean Salad Peaches Apple Juice 6	<b>17</b> Turkey BLT Sandwich Fresh Fruit Carrot Raisin Salad 5
<b>20</b> Haystack Pork Sandwich Peas & Cheese Applesauce 4	<b>21</b> PB & J Sandwich Tomato Basil Salad Fresh Fruit 6	<b>22</b> Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	<b>23</b> Egg Salad Sandwich Baked Beans Pears Orange Juice Birthday Cake 7	<b>24</b> Seafood Sub Corn W/Peppers Fresh Fruit 8
<b>27</b> <b>AGEWELL CLOSED</b>	<b>28</b> Chicken Salad Croissant Potato Salad Fruited Yogurt 4	<b>29</b> Pizza Sub Raisins Carrot/Celery Sticks Mandarin Oranges 7	<b>30</b> Bleu Moon Sandwich Carrot Raisin Salad Fresh Fruit 6	<b>31</b> Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**5-23 Birthday Celebration  
5-27 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