

JULY | 2024

Sandwich Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Haystack Pork Peas & Cheese Applesauce 4</p>	<p>2 Crunchy Chicken Salad Potato Salad Raisins Fruited Jell-O 6</p>	<p>3 Seafood Sub Crown W/ Peppers Fresh Fruit 8</p>	<p>4 AGEWELL CLOSED</p>	<p>5 Egg Salad Baked Beans Pears Orange Juice 6</p>
<p>8 Tuna Salad Sandwich Raisins Creamy Cucumbers 6</p>	<p>9 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5</p>	<p>10 Bleu Moon Carrot Raisin Salad Fresh Fruit 6</p>	<p>11 Pizza Sub Carrot/Celery Sticks Mandarin Oranges 7</p>	<p>12 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4</p>
<p>15 Loaded Spinach Salad Fresh Orange Muffin/Margarine FF French Dressing 5</p>	<p>16 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>17 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>18 Chicken Fajita Wrap Ambrosia Salad Corn W/Peppers 6</p>	<p>19 Turkey BLT Fresh Apple Carrot Raisins Salad 5</p>
<p>22 Pastrami & Swiss Fruit Cocktail Fresh Orange 6</p>	<p>23 Turkey on Onion Bun Fresh Fruit Baked Beans 6</p>	<p>24 Tomato Salami Raisins Corn W/Peppers 6</p>	<p>25 Southwest Wrap Tropical Fruit Carrot/Celery Sticks Birthday Cake 6</p>	<p>26 Chicken Veggie Wrap Fresh Fruit Side Salad 7</p>
<p>29 Turkey Bagel Raisins Baked Beans 6</p>	<p>30 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6</p>	<p>31 Chicken Burrito Corn W/Peppers Applesauce 7</p>	<p>1</p>	<p>1 carb count = 15g of carbohydrates</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**7-4 AgeWell Closed
7-25 Birthday Celebration**



****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