

AUGUST | 2024

Sandwich Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 Grilled Chicken Raisins Creamy Cucumbers 5</p>	<p>2 Egg Salad Sandwich Fresh Fruit Coleslaw 6</p>
<p>5 Turkey BLT Fresh Fruit Carrot Raisin Salad 5</p>	<p>6 AGEWELL CLOSED</p>	<p>7 Ham & American Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>8 Tuna Salad Sandwich Three Bean Salad Peaches Apple Juice 6</p>	<p>9 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5</p>
<p>12 Egg Salad Sandwich Baked Beans Pears Orange Juice 6</p>	<p>13 Seafood Sub Corn W/Peppers Fresh Fruit 8</p>	<p>14 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>15 Haystack Pork Peas & Cheese Applesauce 4</p>	<p>16 PB & J Tomato Basil Salad Fresh Fruit 6</p>
<p>19 Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5</p>	<p>20 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4</p>	<p>21 Pizza Sub Raisins Carrot/Celery Sticks Mandarin Oranges 7</p>	<p>22 Bleu Moon Carrot Raisin Salad Fresh Fruit Birthday Cake 7</p>	<p>23 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5</p>
<p>26 Chicken Vegetable Pita Fresh Fruit Side Salad 7</p>	<p>27 Turkey Onion Sandwich Fresh fruit Baked Beans 6</p>	<p>28 Pastrami & Swiss Sandwich Fruit Cocktail Fresh Orange 6</p>	<p>29 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5</p>	<p>30 Tomato & Salami Raisins Corn W/Peppers 6</p>

Menu includes Low Fat Milk

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

Meals Subject to Change

**8-6 AgeWell Closed
8-22 Birthday Celebration**



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