

SEPTEMBER | 2024



Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AGEWELL CLOSED	3 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6	4 Turkey Bagel Raisins Baked Beans 6	5 Egg Salad Sandwich Fresh Fruit Coleslaw 6	6 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5
9 Ham & American Sandwich Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6	10 Tomato & Salami Raisins Corn W/Peppers 6	11 Turkey BLT Fresh Fruit Carrot Raisins Salad 5	12 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5	13 Tuna Salad Sandwich Three Beans Salad Diced Peaches Apple Juice 6
16 Haystack Pork Peas & Cheese Applesauce 4	17 PB & J Sandwich Tomato Basil Salad Fresh Fruit 6	18 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	19 Seafood Sub Corn W/Peppers Fresh Fruit 8	20 Egg Salad Sandwich Baked Beans Diced Pears Orange Juice 6
23 Bleu Moon Sandwich Carrot Raisin Salad Fresh Fruit 6	24 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	25 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5	26 Meatloaf Sandwich Corn W/Peppers Tropical Fruit Birthday Cake 7	27 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4
30 Turkey BLT Fresh Fruit Carrot Raisin Salad 5	1	2	3	4 carb count = 15g of carbohydrates

Menu includes
Low Fat Milk

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

Meals Subject
to Change

**9-2 Age Well Closed
9-26 Birthday Celebration**



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