

OCTOBER | 2024



Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 carb count = 15g of carbohydrates</p>	<p>1 Chicken Fajita Wrap Ambrosia Corn W/Peppers 6</p>	<p>2 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot/Celery 6</p>	<p>3 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>4 Tuna Salad Sandwich Raisins Creamy Cucumbers 6</p>
<p>7 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5</p>	<p>8 Tomato Salami Sandwich Raisins Corn W/Peppers 6</p>	<p>9 Pastrami & Swiss Fruit Cocktail Fresh Fruit 6</p>	<p>10 Turkey Onion Bun Fresh Fruit Baked Beans 6</p>	<p>11 Chicken Veg Pita Fresh Fruit Side Salad 7</p>
<p>14 Turkey Bagel Raisins Baked Beans 6</p>	<p>15 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6</p>	<p>16 Egg Salad Sandwich Fresh Fruit Coleslaw 6</p>	<p>17 Chicken Burrito Corn W/Peppers Applesauce 7</p>	<p>18 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5</p>
<p>21 Crispy Baked Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Bread Muffin/Margarine 5</p>	<p>22 Meatloaf Mashed Potato Broccoli Normandy Vegetable Peaches Sweet Bread/Margarine 5</p>	<p>23 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>24 AGEWELL CLOSED</p>	<p>25 Sliced Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7</p>
<p>28 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>	<p>29 Ham & American Sandwich Fresh Fruit Fruited Yogurt Carrot/Celery Sticks 6</p>	<p>30 Tomato & Salami Sandwich Raisins Corn W/Peppers 6</p>	<p>31 Turkey BLT Fresh Fruit Carrot Raisins Salad Birthday Cake 6</p>	<p>1</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**10-24 Age Well Closed
10-31 Birthday Celebration**



231-755-0434
800-442-6769
www.agewellservices.org