

NOVEMBER | 2024



Sandwich Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Orange 5</p>
<p>4 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>5 PB & J Sandwich Tomato Basil Salad Fresh Fruit 6</p>	<p>6 Haystack Pork Peas & Cheese Applesauce 4</p>	<p>7 Seafood Sub Corn W/Peppers Fresh fruit 8</p>	<p>8 Egg Salad Baked Beans Pears Orange Juice 6</p>
<p>11 Bleu Moon Carrot Raisin Salad Fresh Fruit 6</p>	<p>12 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7</p>	<p>13 Mushroom Chicken Wrap Cucumber Lemon Salad Tomato Basil Salad Fresh Fruit 5</p>	<p>14 Meatloaf Sandwich Corn W/Peppers Tropical Fruit 5</p>	<p>15 Chicken Salad Wheat Croissant Potato Salad Fruited Yogurt 4</p>
<p>18 Roast Beef & Swiss Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6</p>	<p>19 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5</p>	<p>20 Chicken Fajita Wrap Ambrosia Corn W/Peppers 6</p>	<p>21 Turkey BLT Fresh Fruit Carrot Raisins Salad Birthday Cake 6</p>	<p>22 Tuna Salad Sandwich Raisins Creamy Cucumbers 6</p>
<p>25 Chicken Vegetable Wrap Fresh Fruit Side Salad 7</p>	<p>26 Turkey on Onion Bun Fresh Fruit Baked Beans 6</p>	<p>27 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5</p>	<p>28 AGEWELL CLOSED</p>	<p>29 AGEWELL CLOSED</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**11-21 Birthday Celebration
11-28 & 29 AgeWell Closed**



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