

OCTOBER | 2024



Sandwich Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 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 Turkey BLT Fresh Fruit Carrot Raisins Salad 5</p>	<p>22 Ham & American Fresh Fruit Fruited Yogurt Carrot & Celery Sticks 6</p>	<p>23 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5</p>	<p>24 AGEWELL CLOSED</p>	<p>25 Tomato & Salami Sandwich Raisins Corn W/Peppers 6</p>
<p>28 Egg Salad Baked Beans Diced Pears Orange Juice 6</p>	<p>29 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6</p>	<p>30 Seafood Sub Corn W/Peppers Fresh Fruit 8</p>	<p>31 Haystack Pork Peas & Cheese Applesauce Birthday Cake 4</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**



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