



JANUARY | 2025

Sandwich Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 30 carb count = 15g of carbohydrates | 31 | 1 AGEWELL CLOSED | 2 Roast Beef & Swiss Fresh Fruit Fruit yogurt Carrot/Celery Sticks 6 | 3 Turkey BLT Fresh Fruit Carrot Raisin Salad 5 |
| 6 Southwest Wrap Tropical Fruit Carrot/Celery Sticks 5 | 7 Tomato Salami Raisins Corn W/Peppers 6 | 8 Chicken Veg Wrap Fresh Fruit Side Salad 7 | 9 Turkey Onion Bun Fresh Fruit Baked Beans 6 | 10 Pastrami & Swiss Fruit Cocktail Fresh Fruit 6 |
| 13 Beef & Bleu Wrap Pineapple Tidbits Side Salad 6 | 14 Chicken Burrito Corn w/Peppers Applesauce 7 | 15 Egg Salad Sandwich Fresh Fruit Coleslaw 6 | 16 Turkey Bagel Raisins Baked Beans 6 | 17 Grilled Chicken Sandwich Raisins Creamy Cucumbers 5 |
| 20 AGEWELL CLOSED | 21 Tuna Salad Three Bean Salad Peaches Apple Juice 6 | 22 Mushroom Chicken Wrap Side Salad Tomato Basil Salad Fresh Fruit 5 | 23 Turkey BLT Fresh Fruit Carrot Raisin Salad Birthday Cake 6 | 24 Ham & American Fresh Fruit Fruit Yogurt Carrot/Celery Sticks 6 |
| 27 Haystack Pork Pea & Cheese Applesauce 4 | 28 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6 | 29 Seafood Sub Corn W/Peppers Fresh Fruit 8 | 30 PB & J Sandwich Tomato Basil Saad Fresh Fruit 6 | 31 Egg Salad Baked Beans Pears Orange Juice 6 |

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

1-1-25 AgeWell Closed

1-20-25 AgeWell Closed

**1-23-25 Birthday
Celebration**



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