

JULY | 2019

Sandwich Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey on an Onion Bun Banana Baked Beans 6	2 Pastrami and Swiss Fruit Cocktail Fresh Orange 6	3 Tomato Salami Raisins Corn with Peppers 6	4 AGEWELL CLOSED	5 Southwest Wrap Tropical Fruit Carrot & Celery Sticks 5
8 Turkey Bagel Raisins Baked Beans 6	9 Grilled Chicken Raisins Creamy Cucumbers 5	10 Chicken Burrito Corn with Peppers Applesauce 7	11 Egg Salad Banana Coleslaw 6	12 Beef & Bleu Wrap Pineapple Side Salad 6
15 Beef & Bleu Wrap Pineapple Side Salad 6	16 Tomato Salami Raisins Corn with Peppers 6	17 Ham and American Banana Yogurt Carrot & Celery Sticks 6	18 Turkey BLT Fresh Apple Carrot Raisin Salad 5	19 Tuna Salad Three Bean Salad Peaches Apple Juice 6
20 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6	23 Haystack Pork Pea & Cheese Salad Applesauce 4	24 Egg Salad Baked Beans Pears Orange Juice 6	25 PB & J Tomato Basil Salad Fresh Apple Birthday Cake 7	26 Seafood Sub Corn with peppers Banana 8
29 Bleu Moon Carrot Raisin Salad Banana 6	30 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5	31 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7	1	2 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

July 4:
AgeWell Closed

July 25: Birthday
Party



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