



MARCH | 2018

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>		<p>1 Calypso Salad Peaches Wheat Roll Fat Free Raspberry Vinaigrette 5</p>	<p>2 Cobb Salad Banana Muffin French Dressing 5</p>
<p>5 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p>6 Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6</p>	<p>7 Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p>	<p>8 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>	<p>9 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4</p>
<p>12 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 7</p>	<p>13 BLT Club Salad Applesauce Dinner Roll Cucumber Slices Fat Free French Dressing 5</p>	<p>14 Power Salad Raisins Wheat Bread Margarine Fat Free Ranch Dressing 5</p>	<p>15 Ambrosia Carrot & Celery Sticks Muffin 7</p>	<p>16 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Fat Free Italian Dressing 7</p>
<p>19 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>20 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>21 AgeWell CLOSED No Meals Served</p>	<p>22 Loaded Spinach Fresh Orange Fat Free French Dressing Cake 5</p>	<p>23 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots Fat Free Ranch Dressing 4</p>
<p>26 Loaded Spinach Pears Rye Bread Banana Fat Free French Dressing 6</p>	<p>27 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>28 Chef Salad Pears Wheat Bread Margarine Fat Free Raspberry Vinaigrette 5</p>	<p>29 Buffalo Chicken Salad Mandarin Oranges Wheat Roll Margarine Fat Free Ranch Dressing 6</p>	<p>30 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread 6</p>

MENU
Includes Low Fat Milk

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

Meals Subject to Change

Special Events
March 11: Day Light Saving Begins
March 16: St. Patrick's Day Party
March 21: AgeWell Closed for Team Training
March 22: Birthday Party



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