



# FEBRUARY | 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><b>1</b> BLT Club Applesauce Assorted Roll Cucumber Slices Fat Free French 5</p>	<p><b>2</b> Power Salad Raisins Wheat Bread Fat Free Ranch 5</p>
<p><b>5</b> Loaded Spinach Fresh Orange Muffin Fat Free French 5</p>	<p><b>6</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread Apricots Fat Free Ranch 4</p>	<p><b>7</b> Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p><b>8</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p><b>9</b> Apple Almond Salad Carrots and Celery Sticks Roll 5</p>
<p><b>12</b> Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6</p>	<p><b>13</b> Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6</p>	<p><b>14</b> Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>	<p><b>15</b> Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p><b>16</b> Chef Salad Pears Wheat Bread Fat Free Raspberry Vinaigrette 5</p>
<p><b>19</b> <b>AGEWELL CLOSED</b></p>	<p><b>20</b> Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4</p>	<p><b>21</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p><b>22</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p><b>23</b> Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>
<p><b>26</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>	<p><b>27</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p><b>28</b> Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>		

### MENU

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

February 2: Groundhog's Day

February 14: Ash Wednesday

February 19: AgeWell Closed for President's day



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