



SEPTEMBER | 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>3 AGEWELL CLOSED</p>	<p>4 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>5 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>6 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>7 Loaded Spinach Fresh Orange Fat Free French Dressing 4</p>
<p>10 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>11 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6</p>	<p>12 Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6</p>	<p>13 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>	<p>14 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>
<p>17 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p>18 Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p>	<p>19 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	<p>20 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>21 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p>24 Cobb Salad Fresh Banana Muffin French dressing 5</p>	<p>25 Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6</p>	<p>26 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p>27 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette Cake 7</p>	<p>28 Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

September 3: AgeWell CLOSED for Labor Day

September 27: Birthday Celebration



(231) 755-0434
Toll free: 1-800-442-6769
www.agewellservices.org