

JULY | 2018

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	3 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	4 AGEWELL CLOSED	5 Crab Pasta Salad Carrots and Celery Sticks Raisins 7	6 Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6
9 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	10 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5	11 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	12 Oriental Chicken Beets Banana Sesame Ginger Dressing 5	13 Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6
16 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	17 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	18 Ambrosia Carrot & Celery Sticks Muffin 7	19 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6	20 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7
23 Apple Almond Salad Carrot and Celery Sticks Roll 5	24 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	25 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	26 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing Cake 5	27 Loaded Spinach Fresh Orange Fat Free French Dressing 4
30 Turkey Ranch Pasta Cucumber Slices Raisins 4	31 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6			***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

July 4th: AgeWell Closed
for Independence Day

July 26: Birthday
Celebration



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