



# OCTOBER | 2017

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Apple Almond Salad Carrots and Celery Roll 5	<b>3</b> Loaded Spinach Fresh Orange Muffin FF French Dressing 5	<b>4</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread Apricots FF Ranch 4	<b>5</b> Strawberry Spinach Cucumber Slices Raisins FF Raspberry Vinaigrette 4	<b>6</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6
<b>9</b> Chef Salad Pears Wheat Bread FF Raspberry Vinaigrette 5	<b>10</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll FF Ranch 6	<b>11</b> Creamy Fruit Salad Carrots and Celery Sweet Bread 6	<b>12</b> Loaded Spinach Pears Rye Bread Banana FF French 6	<b>13</b> Turkey Ranch Pasta Cucumber Slices Raisins 4
<b>16</b> Caramel Apple Salad Carrot and Celery Beets Orange Juice 6	<b>17</b> Antipasta Salad Cherry Tomatoes Yogurt Crackers 7	<b>18</b> Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4	<b>19</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5	<b>20</b> Southwest Salad Fruit Cocktail Wheat Bread French Dressing 5
<b>23</b> Cobb Salad Banana Muffin Margarine French Dressing 5	<b>24</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6	<b>25</b> AgeWell CLOSED For Team Training	<b>26</b> Crab Pasta Salad Carrots and Celery Raisins Cake 8	<b>27</b> Calypso Salad Peaches What Roll Margarine FF Raspberry Vinaigrette 5
<b>30</b> Caprese Salad String Cheese Rye Bread FF Italian 4	<b>31</b> Beef and Bleu Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6		<div style="border: 1px solid black; padding: 5px;"> <p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p> </div>	

### MENU

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

October 25: AgeWell Closed for Team Training

October 19: Halloween Celebration at Meal Sites

October 28: Birthday Celebration



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