



JUNE | 2017

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	2 Apple Almond Carrot & Celery Sticks Roll 5
5 Chef Salad Pears Bread Raspberry Vinaigrette Dressing 5	6 Buffalo Chicken Mandarin Oranges Roll Ranch Dressing 6	7 Creamy Fruit Carrot & Celery Sticks Sweet Bread 6	8 Turkey Ranch Pasta Cucumber Slices Raisins 4	9 Loaded Spinach Pears Rye Bread Banana French Dressing 6
12 Chicken Spinach Pineapple 3-Bean Salad Ranch Dressing 4	13 Antipasta Cherry Tomatoes Yogurt Crackers 7	14 Crab Pasta Carrot & Celery Sticks Raisins 7	15 Southwest Fruit Cocktail Bread French Dressing 5	16 Fresh Fruit Plate Cottage Cheese Sweet Bread 5
19 Cobb Salad Fresh Banana Muffin French Dressing 5	20 Ranch Pasta Cucumber Slices Fresh Orange 7	21 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6	22 Crab Pasta Carrot & Celery Sticks Raisins Cake 8	23 Calypso Salad Peaches Roll Raspberry Vinaigrette Dressing 5
26 Walnut Pear Carrot & Celery Sticks Yogurt Raspberry Vinaigrette Dressing 6	27 Caprese String Cheese Rye Italian Dressing 4	28 Crab Cobb Fruit Cocktail Muffin Ranch 5	29 Beef & Bleu Peaches Roll Orange Juice Bleu Cheese Dressing 6	30 Oriental Chicken Beets Banana Sesame Ginger Dressing 5

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

June 15: Summer
Celebration Party

June 18: Father's Day

June 22: Birthday Party



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