



MAY | 2018

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	2 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots Fat Free Ranch Dressing	3 Apple Almond Salad Carrot and Celery Sticks Roll 5	4 Loaded Spinach Fresh Orange Fat Free French Dressing 4
7 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6	8 Turkey Ranch Pasta Cucumber Slices Raisins 4	9 Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6	10 Loaded Spinach Pears Rye Bread Banana Fat Free French 6	11 Chef Salad Pears Wheat Bread Fat Free Raspberry Vinaigrette 5
14 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	15 Fresh Fruit Plate Cottage Cheese Sweet Bread 5	16 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6	17 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4	18 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7
21 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6	22 Crab Pasta Salad Carrots and Celery Sticks Raisins 7	23 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	24 Calypso Salad Peaches Wheat Roll Fat Free Raspberry Vinaigrette Birthday Cake 6	25 Cobb Salad Fresh Banana Muffin Fat Free French Dressing 5
28 AGEWELL CLOSED	29 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5	30 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	31 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

May 10: Mother's Day
Celebration at Meal Sites

May 24: Birthday
Celebration

May 28: CLOSED for
Memorial Day



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