



DECEMBER | 2017

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>1 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch 4</p>
<p>4 Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>	<p>5 Calypso Salad Peaches Wheat Roll Fat Free Raspberry Vinaigrette 5</p>	<p>6 Cobb Salad Fresh Banana Muffin Margarine French dressing 5</p>	<p>7 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>	<p>8 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>
<p>11 Oriental Chicken Salad Beets Banana Sesame Ginger Dressing 5</p>	<p>12 Crab Cobb Salad Fruit Cocktail Muffin Margarine FF Ranch 5</p>	<p>13 Caprese Salad String Cheese Rye Bread Fat Free Italian 4</p>	<p>14 Beef and Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p>15 Walnut Pear Salad Carrots and Celery Sticks Yogurt Fat Free Rasp Vinaigrette 6</p>
<p>18 Power Salad Raisins Wheat Roll Fat Free Ranch 5</p>	<p>19 Ambrosia Carrots and Celery Sticks Muffin 7</p>	<p>20 Orange Feta Tropical Fruit Wheat Roll Apple Juice Fat Free Italian 7</p>	<p>21 Asian Sesame Ginger Cherry Tomatoes Banana Saltines Sesame Ginger Dressing 7</p>	<p>22 AgeWell CLOSED</p>
<p>25 AgeWell CLOSED</p>	<p>26 Loaded Spinach Fresh Orange Muffin Fat Free French 5</p>	<p>27 Chicken Fruit Salad Cherry Tomatoes Wheat Roll Apricots Fat Free Ranch 4</p>	<p>28 Strawberry Spinach Salad Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>29 AgeWell CLOSED</p>

MENU
Includes Low Fat Milk

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

Meals Subject to Change

Special Events

December 14th: Birthday Celebration
December 21st: DTE Dinner
December 22nd: Closed
December 23rd: Closed
December 29th: Closed



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