



MAY | 2017

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Southwest Salad Fruit Cocktail Bread French Dressing 5	2 Chicken Spinach Salad Pineapple 3-Bean Salad Ranch Dressing 4	3 Antipasta Salad Cherry Tomatoes Yogurt Crackers 7	4 Fresh Fruit Plate Cottage Cheese Sweet Bread 5	5 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6
8 Calypso Salad Peaches Roll Raspberry Vinaigrette Dressing 5	9 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	10 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6	11 Crab Pasta Salad Carrot & Celery Sticks Raisins 7	12 Cobb Salad Fresh Banana Muffin French Dressing 5
15 Crab Cobb Fruit Cocktail Muffin Ranch Dressing 5	16 Walnut Pear Carrot & Celery Sticks Yogurt Raspberry Vinaigrette Dressing 6	17 Caprese String Cheese Rye Bread Italian Dressing 4	18 Oriental Chicken Beets Banana Sesame Ginger Dressing 5	19 Beef & Bleu Peaches Roll Orange Juice Bleu Cheese Dressing 5
22 Power Salad Raisins Bread Ranch Dressing 5	23 Ambrosia Carrot & Celery Sticks Muffin 7	24 Orange Feta Tropical Fruit Roll Apple Juice Italian Dressing 5	25 BLT Club Applesauce Roll Cucumber Slices French Dressing 5	26 Asian Sesame Ginger Cherry Tomatoes Banana Saltines Sesame Ginger Dressing 7
29 AgeWell CLOSED No Meals Served	30 Loaded Spinach Fresh Orange Muffin French Dressing 5	31 Strawberry Spinach Cucumber Slices Raisins Raspberry Vinaigrette Dressing 4		

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

May 14: Mother's Day

May 18: Picnic Party

May 25: Birthday
Celebration

May 29: CLOSED for
Memorial Day



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