



NOVEMBER | 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 Walnut Pear Carrots and Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6</p>	<p>2 Oriental Chicken Salad Beets Banana Sesame Ginger Dressing 5</p>	<p>3 Crab Cobb Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>
<p>6 Asian Sesame Ginger Cherry Tomatoes Banana Saltines Sesame Ginger Dressing 7</p>	<p>7 BLT Club Salad Applesauce Roll Cucumber Slices Fat Free French 5</p>	<p>8 Power Salad Raisins Roll Fat Free Ranch 5</p>	<p>9 Ambrosia Salad Carrots and Celery Sticks Muffin 7</p>	<p>10 Orange Feta Salad Tropical Fruit Wheat Roll Apple Juice Fat Free Italian Dressing 7</p>
<p>13 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>14 Taco Salad Tortilla Chips Fresh Apples Taco Sauce 6</p>	<p>15 Apple Almond Salad Carrots and Celery Sticks Roll 5</p>	<p>16 Loaded Spinach Salad Fresh Orange Muffin Fat Free French 5</p>	<p>17 Chicken Fruit Salad Cherry Tomatoes Wheat Roll Apricots Fat Free Ranch 4</p>
<p>20 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>	<p>21 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>22 Chef Salad Pears Wheat Roll Fat Free Raspberry Vinaigrette 5</p>	<p>23 AGEWELL CLOSED</p>	<p>24 AGEWELL CLOSED</p>
<p>27 Southwest Salad Fruit Cocktail Wheat Roll French Dressing 5</p>	<p>29 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>29 Antipasto Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>30 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	

MENU

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

November 16:
Thanksgiving Celebration
and Birthday Celebration

November 23: CLOSED

November 24: CLOSED



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