



# SEPTEMBER | 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><b>1</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll FF Ranch dressing 6</p>
<p><b>4</b></p> <p><b>CLOSED</b></p>	<p><b>5</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p><b>6</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p><b>7</b> Caramel Apple Salad Carrots &amp; Celery Sticks Beets Orange Juice 6</p>	<p><b>8</b> Antipasta Salad Cherry Tomatoes Yogurt Crackers 7</p>
<p><b>11</b> Ranch Pasta Salad Cucumber Salad Fresh Orange 7</p>	<p><b>12</b> Crab Pasta Salad Carrots and Celery sticks Raisins 7</p>	<p><b>13</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 5</p>	<p><b>14</b> Cobb Salad Fresh Banana Muffin Margarine French dressing 5</p>	<p><b>15</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>
<p><b>18</b> Oriental chicken Beets Banana Sesame Ginger Dressing 5</p>	<p><b>19</b> Crab Cobb Fruit Cocktail Muffin Margarine FF Ranch dressing 5</p>	<p><b>20</b> Caprese String Cheese Rye Bread FF Italian dressing 4</p>	<p><b>21</b> Beef and Bleu Peaches Wheat Roll Orange Juice 6</p>	<p><b>22</b> Walnut Pear Carrot and Celery Sticks Yogurt FF Rasp Vinaigrette 6</p>
<p><b>25</b> Power Salad Raisins Wheat Bread FF Ranch dressing 5</p>	<p><b>26</b> Amrbrosia Carrots and Celery Sticks Muffin 7</p>	<p><b>27</b> Orange Feta Tropical Fruit Wheat Roll Apple Juice FF Italian Dressing 7</p>	<p><b>28</b> Asian Sesame Ginger Cherry Tomatoes Banana Saltines Sesame Ginger Dressing 7</p>	<p><b>29</b> BLT Club Applesauce Roll Cucumber Slices FF French dressing 5</p>

### MENU

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

September 4:  
Closed for Labor Day

September 28:  
Birthday Celebration



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