



# NOVEMBER | 2018

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates		<sup>1</sup> <b>AGEWELL CLOSED</b>	<sup>2</sup> Fresh Fruit Plate Cottage Cheese Sweet Bread  5
<sup>5</sup> Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6	<sup>6</sup> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	<sup>7</sup> Ranch Pasta Salad Cucumber Slices Fresh Orange 7	<sup>8</sup> Crab Pasta Salad Carrots and Celery Sticks Raisins 7	<sup>9</sup> Cobb Salad Fresh Banana Muffin French dressing 5
<sup>12</sup> Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6	<sup>13</sup> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5	<sup>14</sup> Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	<sup>15</sup> Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing Cake 5	<sup>16</sup> Oriental Chicken Beets Banana Sesame Ginger Dressing 5
<sup>19</sup> Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7	<sup>20</sup> Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	<sup>21</sup> BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	<sup>22</sup> <b>AGEWELL CLOSED</b>	<sup>23</sup> <b>AGEWELL CLOSED</b>
<sup>26</sup> Apple Almond Salad Carrot and Celery Sticks Roll 5	<sup>27</sup> Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	<sup>28</sup> Taco Salad Tortilla Chips Fresh Apple Taco Sauce  6	<sup>29</sup> Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	<sup>30</sup> Loaded Spinach Fresh Orange Fat Free French Dressing  4

### **MENU**

Includes Low Fat Milk

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

Meals Subject to Change

### **Special Events**

Nov 1: AgeWell Closed for Staff Training

Nov 15: Birthday Celebration

Nov 22 and 23: AgeWell Closed for Thanksgiving



(231) 755-0434  
Toll free: 1-800-442-6769  
www.agewellservices.org