



# DECEMBER | 2018

## 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>3</b> Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p><b>4</b> Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6</p>	<p><b>5</b> Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>	<p><b>6</b> Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6</p>	<p><b>7</b> Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>
<p><b>10</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p><b>11</b> Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p>	<p><b>12</b> Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	<p><b>13</b> Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p><b>14</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p><b>17</b> Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6</p>	<p><b>18</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p><b>19</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p><b>20</b> Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>	<p><b>21</b> Cobb Salad Fresh Banana Muffin French dressing 5</p>
<p><b>24</b> <b>AGEWELL CLOSED</b></p>	<p><b>25</b> <b>AGEWELL CLOSED</b></p>	<p><b>26</b> Beef &amp; Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p><b>27</b> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>	<p><b>28</b> Walnut Pear Salad Carrot &amp; Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6</p>
<p><b>31</b> <b>AGEWELL CLOSED</b></p>				

### News

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

**Dec. 20: DTE Dinner**

**Dec. 24 & 25: Closed for Christmas**

**Dec. 31: Closed for New Year's Eve**



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