



# JANUARY | 2019

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> AGEWELL CLOSED	<b>1</b> AGEWELL CLOSED	<b>2</b> Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7	<b>3</b> Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	<b>4</b> BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5
<b>7</b> Apple Almond Salad Carrot and Celery Sticks Roll 5	<b>8</b> Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	<b>9</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	<b>10</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	<b>11</b> Loaded Spinach Fresh Orange Fat Free French Dressing 4
<b>14</b> Turkey Ranch Pasta Cucumber Slices Raisins 4	<b>15</b> Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6	<b>16</b> Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5	<b>17</b> Buffalo Chicken Mandarin Oranges Wheat Roll Fat Free Ranch 6	<b>18</b> Loaded Spinach Pears Rye Bread Banana Fat Free French 6
<b>21</b> AGEWELL CLOSED	<b>22</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	<b>23</b> Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4	<b>24</b> Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice Birthday Cake 7	<b>25</b> Antipasti Salad Cherry Tomatoes Yogurt Crackers 7
<b>28</b> Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6	<b>29</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7	<b>30</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	<b>31</b> Crab Pasta Salad Carrots and Celery Sticks Raisins 7	<b>***</b> The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

### News

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

**Dec.31: AgeWell  
Closed for New Years**

**Jan.1: AgeWell Closed  
for New Years**

**Jan.21: AgeWell  
Closed for Martin  
Luther King Jr. Day**

**Jan. 24: Birthday  
Celebration**



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