



FEBRUARY | 2019

Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Cobb Salad Fresh Banana Muffin French dressing 5
4 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	5 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5	6 Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6	7 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	8 Oriental Chicken Beets Banana Sesame Ginger Dressing 5
11 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7	12 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	13 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	14 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7	15 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6
18 AGEWELL CLOSED	19 Apple Almond Salad Carrot and Celery Sticks Roll 5	20 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	21 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	22 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4
25 Turkey Ranch Pasta Cucumber Slices Raisins 4	26 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6	27 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5	28 Buffalo Chicken Mandarin Oranges Fat Free Ranch Birthday Cake 6	1*** 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

Feb. 14: Valentine's
Day

Feb. 18: AgeWell
Closed for
Presidents Day

Feb. 28: Birthday
Celebration



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