



MARCH | 2019

Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|--|--|--|--|
| <p>25***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p> | <p>26</p> | <p>27</p> | <p>28</p> | <p>1 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p> |
| <p>4 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p> | <p>5Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p> | <p>6 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p> | <p>7 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p> | <p>8 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p> |
| <p>11 Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6</p> | <p>12Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p> | <p>13 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p> | <p>14 Cobb Salad Fresh Banana Muffin French dressing 5</p> | <p>15 Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p> |
| <p>18 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p> | <p>19 Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p> | <p>20Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6</p> | <p>21 AgeWell Closed</p> | <p>22 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p> |
| <p>25 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6</p> | <p>26Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7</p> | <p>27 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5</p> | <p>28 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p> | <p>29 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7</p> |

News

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

March 21: AgeWell Closed

March 28: Birthday Celebration



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