

APRIL | 2019



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>2 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>3 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4</p>	<p>4 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>5 Loaded Spinach Fresh Orange Muffin Fat Free French Dressing 4</p>
<p>8 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>9 Creamy Fruit Salad Carrots and Celery Sticks Sweet Bread 6</p>	<p>10 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>	<p>11 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5</p>	<p>12 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>
<p>15 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p>16 Chicken Spinach Salad Pineapple Three bean salad Light Ranch 4</p>	<p>17 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>18 Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6</p>	<p>19 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p>22 Cottage Cheese with Fruit Cherry tomatoes Yogurt Crackers 6</p>	<p>23 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p>24 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p>25 Cobb Salad Fresh Banana Muffin French dressing Birthday Cake 6</p>	<p>26 Crab Pasta Salad Carrots and Celery Sticks Raisins 7</p>
<p>29 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p>30 Oriental Chicken Beets Banana Sesame Ginger Dressing 5</p>	<p>1</p>	<p>2</p>	<p>3 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

April 21: Easter Sunday

April 25: Birthday Celebration



(231) 755-0434
Toll free: 1-800-442-6769
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