

AUGUST | 2019

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p>2 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7</p>
<p>5 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>6 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>7 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4</p>	<p>8 Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4</p>	<p>9 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>
<p>12 Loaded Spinach Pears Rye Bread Banana Fat Free French 6</p>	<p>13 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>14 Creamy Fruit Salad Carrots and Celery Sweet Bread 6</p>	<p>15 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5</p>	<p>16 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5</p>
<p>19 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p>20 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4</p>	<p>21 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>22 Caramel Apple Salad Carrot and Celery Beets Orange Juice Birthday Cake 7</p>	<p>23 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p>26 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p>27 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>	<p>28 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p>29 Crab Pasta Salad Carrots and Celery Raisins 7</p>	<p>30 Cobb Salad Fresh Banana Muffin French dressing 5</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

August 22: Birthday Celebration



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