

SEPTEMBER | 2019



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AgeWell Closed	3 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	4 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	5 Oriental Salad Beets Banana Sesame Ginger Dressing 5	6 Walnut Pear Salad Carrot and Celery Yogurt Fat Free Raspberry Vinaigrette 6
9 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6	10 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7	11 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5	12 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	13 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7
16 Apple Almond Salad Carrot and Celery Sticks Roll 5	17 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	18 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	19 Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4	20 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6
23 Creamy Fruit Salad Carrots and Celery Sweet Bread 6	24 Loaded Spinach Pears Rye Bread Banana Fat Free French 6	25 Turkey Ranch Pasta Cucumber Slices Raisins 4	26 Buffalo Chicken Mandarin Oranges Fat Free Ranch Birthday Cake 6	27 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5
30 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	1	2	3	4 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

September 2: AgeWell Closed; Labor Day

September 26: Birthday Celebration



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