



# FEBRUARY | 2020

## Salad Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3** Southwest Salad  
Fruit Cocktail  
Wheat Bread  
French dressing  
5

**4** Antipasti Salad  
Cherry Tomatoes  
Yogurt  
Crackers  
7

**5** Chicken Spinach Salad  
Pineapple  
Three Bean Salad  
Light Ranch  
4

**6** Fresh Fruit Plate  
Cottage Cheese  
Sweet Bread  
5

**7** Caramel Apple Salad  
Carrot and Celery  
Beets  
Orange Juice  
6

**10** Crab Pasta Salad  
Carrots and Celery  
Raisins  
7

**11** Ranch Pasta Salad  
Cucumber Slices  
Fresh Orange  
7

**12** Calypso Salad  
Peaches  
Wheat Roll  
FF Raspberry Vinaigrette  
6

**13** Cobb Salad  
Fresh Banana  
Muffin  
French dressing  
5

**14** Cottage Cheese  
with Fruit  
Cherry Tomatoes  
Yogurt  
Crackers  
6

**17** **AgeWell  
Closed**

**18** Caprese Salad  
String Cheese  
Rye Bread  
Margarine  
Fat Free Italian Dressing  
4

**19** Beef & Bleu Salad  
Peaches  
Wheat Roll  
Orange Juice  
Bleu Cheese Dressing  
6

**20** Oriental Salad  
Beets  
Banana  
Sesame Ginger Dressing  
5

**21** Walnut Pear Salad  
Carrot & Celery  
Yogurt  
Fat Free Raspberry  
Vinaigrette  
6

**24** BLT Club Salad  
Applesauce  
Dinner Roll  
Cucumber Slices  
French dressing  
5

**25** Power Salad  
Raisins  
Wheat Bread  
Margarine  
Ranch Dressing  
5

**26** Asian Sesame Ginger  
Cherry Tomatoes  
Banana  
Saltine Crackers  
Sesame Ginger Dressing  
6

**27** Orange Feta Salad  
Tropical Fruit  
Wheat Roll & Margarine  
Apple Juice  
Italian Dressing  
Birthday Cake  
8

**28** Ambrosia Salad  
Carrot & Celery Sticks  
Muffin & Margarine  
7

### Menu

Includes Low Fat Milk

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

Meals Subject to Change

### Special Events

February 17:  
Closed Presidents Day

February 27:  
Birthday Celebration

\*\*\*The Numbers reflect the  
carb count for each meal.  
1 carb count = 15g of  
carbohydrates



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