



MARCH | 2020

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	3 Apple Almond Salad Carrot and Celery Sticks Roll 5	4 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	5 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	6 Loaded Spinach Salad Fresh Orange Muffin Fat Free French Dressing 4
9 Turkey Ranch Pasta Cucumber Slices Raisins 4	10 Loaded Spinach Pears Rye Bread Banana Fat Free French 6	11 Creamy Fruit Salad Carrots and Celery Sweet Bread 6	12 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5	13 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette 5
16 Caramel Apple Salad Carrot and Celery Beets Orange Juice 6	17 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	18 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7	19 AgeWell Closed	20 Fresh Fruit Plate Cottage Cheese Sweet Bread 5
23 Crab Pasta Salad Carrots and Celery Raisins 7	24 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	25 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	26 Cobb Salad Fresh Banana Muffin French dressing Birthday Cake 6	27 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6
30 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	31 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	1	2	3 ***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

March 19:
AgeWell Closed for
Training

March 26:
Birthday Celebration