

AUGUST | 2020

Salad Menu-Sites



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p>4</p>	<p>5 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4</p>	<p>6</p>	<p>7 Caramel Apple Salad Carrot and Celery Beets Orange Juice 6</p>
<p>10 Crab Pasta Salad Carrots and Celery Raisins 7</p>	<p>11</p>	<p>12 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p>13</p>	<p>14 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>
<p>17 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4</p>	<p>18</p>	<p>19 Oriental Salad Beets Banana Sesame Ginger Dressing 5</p>	<p>20</p>	<p>21 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>
<p>24 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p>25</p>	<p>26 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6</p>	<p>27</p>	<p>28 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7</p>
<p>31 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>


 (231) 755-0434
 Toll free: 1-800-442-6769
 www.agewellservices.org

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Special Events

Aug. 27 Birthday Celebration

Reminders for picking up
To-Go meals:

If your pickup location is
inside, please always wear
a mask

Please do not pick up a
meal if you have any
symptoms of COVID-19
Please practice social
distancing and wash or
sanitize hands regularly

Thank you for respecting
and keeping our employees
and volunteers safe and
healthy!