

# AUGUST | 2020

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p><b>4</b> Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p><b>5</b> Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4</p>	<p><b>6</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p><b>7</b> Caramel Apple Salad Carrot and Celery Beets Orange Juice 6</p>
<p><b>10</b> Crab Pasta Salad Carrots and Celery Raisins 7</p>	<p><b>11</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p><b>12</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p><b>13</b> Cobb Salad Fresh Banana Muffin French dressing 5</p>	<p><b>14</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6</p>
<p><b>17</b> Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4</p>	<p><b>18</b> Beef &amp; Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6</p>	<p><b>19</b> Oriental Salad Beets Banana Sesame Ginger Dressing 5</p>	<p><b>20</b> Walnut Pear Salad Carrot &amp; Celery Yogurt Fat Free Raspberry Vinaigrette 6</p>	<p><b>21</b> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>
<p><b>24</b> BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p><b>25</b> Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5</p>	<p><b>26</b> Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6</p>	<p><b>27</b> Orange Feta Salad Tropical Fruit Wheat Roll &amp; Margarine Apple Juice Italian Dressing Birthday Cake 8</p>	<p><b>28</b> Ambrosia Salad Carrot &amp; Celery Sticks Muffin &amp; Margarine 7</p>
<p><b>31</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p> <p style="text-align: center;">                       (231) 755-0434                      Toll free: 1-800-442-6769                      www.agewellservices.org                 </p>	<p><b>4</b>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

### Menu

Includes Low Fat Milk

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

Meals Subject to Change  
Aug.27-Birthday Celebration

Reminder: Due to COVID-19 Delivery Drivers will be taking precautions. Please note:

- Drivers will wear masks and sanitize between each delivery
- Drivers will leave meals on your patio or porch
- They will knock or ring your doorbell to let you know your meal is there
- They will wait until they see you are home before leaving the meal