


SEPTEMBER | 2020



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Apple Almond Salad Carrot and Celery Sticks Roll 5	2 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4	3 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	4 Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4
7 AGEWELL CLOSED	8 Creamy Fruit Salad Carrots and Celery Sweet Bread 6	9 Loaded Spinach Pears Rye Bread Banana Fat Free French 6	10 Turkey Ranch Pasta Cucumber Slices Raisins 4	11 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5
14 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	15 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4	16 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7	17 Caramel Apple Salad Carrot and Celery Beets Orange Juice 6	18 Fresh Fruit Plate Cottage Cheese Sweet Bread 5
21 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	22 Crab Pasta Salad Carrots and Celery Raisins 7	23 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	24 Cobb Salad Fresh Banana Muffin French dressing Birthday Cake 6	25 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6
28 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	29 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	30 Oriental Salad Beets Banana Ranch Dressing 5	1  (231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org	** 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

Sept. 24-
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