

OCTOBER | 2020



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p>  <p>(231) 755-0434 Toll free: 1-800-442-6769 www.agewellservices.org</p>	<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>1 Walnut Pear Salad Carrot & Celery Yogurt Fat Free Raspberry Vinaigrette 6</p>	<p>2 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5</p>
<p>5 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p>6 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5</p>	<p>7 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6</p>	<p>8 Orange Feta Salad Tropical Fruit Wheat Roll & Margarine Apple Juice Italian Dressing 7</p>	<p>9 Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7</p>
<p>12 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>13 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>14 Strawberry Spinach Cucumber Slices Raisins Fat Free Raspberry Vinaigrette 4</p>	<p>15 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4</p>	<p>16 Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4</p>
<p>19 Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4</p>	<p>20 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>21 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5</p>	<p>22 Chef Salad Pears Wheat Bread FF Rasp Vinaigrette Birthday Cake 6</p>	<p>23 Creamy Fruit Salad Carrots and Celery Sweet Bread 6</p>
<p>26 Southwest Salad Fruit Cocktail Wheat Bread French dressing 5</p>	<p>27 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4</p>	<p>28 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7</p>	<p>29 Caramel Apple Salad Carrot and Celery Beets Orange Juice 6</p>	<p>30 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

Oct. 22-
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