




DECEMBER | 2020

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	1 Turkey Ranch Pasta Cucumber Slices Raisins 4	2 Chef Salad Pears Wheat Bread/Margarine FF Rasp. Vinaigrette Dressing 5	3 Buffalo Chicken Salad Mandarin Oranges Dinner Roll/Margarine FF Ranch Dressing 6	4 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread 6
7 Fresh Fruit Plate Cottage Cheese Sweet Bread 5	8 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	9 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	10 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7	11 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch 4
14 Ranch Pasta Salad Cucumber Slices Fresh Orange 7	15 Crab Pasta Salad Carrots and Celery Raisins 7	16 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	17 DTE Dinner	18 Cobb Salad Fresh Banana Muffin French dressing 5
21 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	22 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	23 Oriental Salad Beets Banana Ranch Dressing 5	24 AgeWell Closed	25 AgeWell Closed
28 AgeWell Closed	29 AgeWell Closed	30 AgeWell Closed	31 AgeWell Closed	1  (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

Dec. 17 DTE Dinner
Dec. 24-Jan. 1-AgeWell Closed

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