


# NOVEMBER | 2020



## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7	<b>3</b> Crab Pasta Salad Carrots and Celery Raisins 7	<b>4</b> Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6	<b>5</b> Cobb Salad Fresh Banana Muffin French dressing 5	<b>6</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6
<b>9</b> Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	<b>10</b> Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	<b>11</b> Oriental Salad Beets Banana Ranch Dressing 5	<b>12</b> Walnut Pear Salad Carrot & Celery Yogurt Fat Free Raspberry Vinaigrette 6	<b>13</b> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5
<b>16</b> Ambrosia Salad Carrot & Celery Sticks Muffin & Margarine 7	<b>17</b> BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5	<b>18</b> Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Raspberry Vinaigrette 6	<b>19</b> Power Salad Raisins Wheat Bread Margarine Ranch Dressing Birthday Cake 6	<b>20</b> Orange Feta Salad Tropical Fruit Wheat Roll & Margarine Apple Juice Italian Dressing 7
<b>23</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4	<b>24</b> Apple Almond Salad Carrot and Celery Sticks Roll 5	<b>25</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	<b>26</b> AGEWELL CLOSED	<b>27</b> AGEWELL CLOSED
<b>30</b> Loaded Spinach Fresh Orange Muffin Fat Free French dressing 4	<b>1</b>	<b>2</b>	***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	<b>4</b>  (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

Nov 19-  
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