



# JANUARY | 2021

## 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</p>	<p>30</p>	<p>31</p>	<p>1 <b>AgeWell Closed</b></p>
<p>4 Ambrosia Salad Carrot &amp; Celery Sticks Muffin &amp; Margarine 7</p>	<p>5 BLT Club Salad Applesauce Dinner Roll Cucumber Slices French dressing 5</p>	<p>6 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Raspberry Vinaigrette 6</p>	<p>7 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5</p>	<p>8 Orange Feta Salad Tropical Fruit Wheat Roll &amp; Margarine Apple Juice Italian Dressing 7</p>
<p>11 Chicken Fruit Salad Cherry Tomatoes Wheat Bread Margarine Apricots FF Ranch Dressing 4</p>	<p>12 Apple Almond Salad Carrot and Celery Sticks Roll 5</p>	<p>13 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>14 Loaded Spinach Salad Fresh Orange Muffin FF French Dressing 5</p>	<p>15 Strawberry Salad Cucumber Slices Raisins FF Rasp. Ving. Dressing 4</p>
<p>18 <b>AgeWell Closed</b></p>	<p>19 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>20 Chef Salad Pears Wheat Bread/Margarine FF Rasp. Vinaigrette Dressing 5</p>	<p>21 Buffalo Chicken Salad Mandarin Oranges Dinner Roll/Margarine FF Ranch Dressing 6</p>	<p>22 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread 6</p>
<p>25 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>26 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p>27 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>28 Antipasti Salad Cherry Tomatoes Yogurt Crackers Birthday Cake 8</p>	<p>29 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch 4</p>

### Menu

Includes Low Fat Milk

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

### Meals Subject to Change

Jan. 1 AgeWell Closed  
Jan. 18 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