

APRIL | 2021

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7</p>	<p>2 BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices FF Ranch 5</p>
<p>5 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4</p>	<p>6 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>7 Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine FF Ranch 5</p>	<p>8 Loaded Spinach Salad Fresh Orange Muffin/Margarine FF French 5</p>	<p>9 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch 4</p>
<p>12 Chef Salad Pears Wheat Bread/Margarine FF Rasp. Vinaigrette 5</p>	<p>13 Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p>14 Loaded Spinach Salad Pears Rye Bread Banana FF French 6</p>	<p>15 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Margarine FF Ranch 6</p>	<p>16 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread 6</p>
<p>19 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>20 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French 5</p>	<p>21 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6</p>	<p>22 Antipasti Salad Cherry Tomatoes Yogurt Crackers Birthday Cake 8</p>	<p>23 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch 4</p>
<p>26 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>	<p>27 Crab Pasta Salad Carrots and Celery Raisins 7</p>	<p>28 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6</p>	<p>29 Cobb Salad Fresh Banana Muffin French dressing 5</p>	<p>30 Cottage Cheese with Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

4-22 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



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