

# MAY | 2021

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b> Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6	<b>4</b> Walnut Pear Carrot/Celery Sticks Fruit Yogurt FF Raspberry Vinaigrette 6	<b>5</b> Oriental Chicken Beets Fresh Fruit Toasted Sesame Dressing 5	<b>6</b> Crab Cobb Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	<b>7</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4
<b>10</b> BLT Club Applesauce Dinner Roll/Margarine Cucumber Slices FF Ranch 5	<b>11</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5	<b>12</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7	<b>13</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7	<b>14</b> Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Toasted Sesame Dressing 7
<b>17</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4	<b>18</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6	<b>19</b> Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine FF Ranch 5	<b>20</b> Loaded Spinach Salad Fresh Orange Muffin/Margarine FF French 5	<b>21</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch 4
<b>24</b> Chef Salad Pears Wheat Bread/Margarine FF Rasp. Vinaigrette 5	<b>25</b> Turkey Pasta Salad Cucumber Slices Raisins 4	<b>26</b> Loaded Spinach Salad Pears Rye Bread Banana FF French 6	<b>27</b> Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Margarine FF Ranch Birthday Cake 7	<b>28</b> Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread 6
<b>31</b> AgeWell Closed	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates

### Menu

Includes Low Fat Milk

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

### Meals Subject to Change

5-27 Birthday Celebration  
5-31 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



(231) 755-0434  
Toll free: 1-800-442-6769  
www.agewellservices.org