

JUNE | 2021

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 AgeWell Services</p>	<p>1 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>2 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French dressing 5</p>	<p>3 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>4 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>
<p>7 Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p>8 Calypso Salad Peaches Wheat Bread/Margarine FF Raspberry Vinaigrette 5</p>	<p>9 Cobb Salad Fresh Banana Muffin/Margarine French dressing 5</p>	<p>10 Cottage Cheese W/Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>11 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>
<p>14 Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p>15 Walnut Pear Carrot/Celery Sticks Fruit Yogurt FF Raspberry Vinaigrette 6</p>	<p>16 Oriental Chicken Beets Fresh Fruit Toasted Sesame Dressing 5</p>	<p>17 Crab Cobb Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p>18 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>
<p>21 BLT Club Applesauce Dinner Roll/Margarine Cucumber Slices FF Ranch 5</p>	<p>22 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p>23 Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7</p>	<p>24 Orange Feta Salad Tropical Fruit Apple Juice FF Italian Dressing Birthday Cake 7</p>	<p>25 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Toasted Sesame Dressing 7</p>
<p>28 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4</p>	<p>29 Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6</p>	<p>30 Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine FF Ranch 5</p>	<p>1</p>	<p>2 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change
6-24 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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