

JULY | 2021

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>1 Loaded Spinach Fresh Orange Muffin FF French dressing 5</p>	<p>2 Chicken Fruit Salad Cherry Tomatoes Apricots Wheat Bread/Margarine FF Ranch Dressing 4</p>
<p>5 AGEWELL CLOSED</p>	<p>6 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Margarine FF Ranch Dressing 6</p>	<p>7 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread 6</p>	<p>8 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>9 Loaded Spinach Pears Rye Bread Fresh Fruit FF French 6</p>
<p>12 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>13 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French dressing 5</p>	<p>14 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>15 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>16 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch Dressing 4</p>
<p>19 Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p>20 Calypso Salad Peaches Wheat Bread/Margarine FF Raspberry Vinaigrette 5</p>	<p>21 Cobb Salad Fresh Banana Muffin/Margarine French dressing 5</p>	<p>22 AGEWELL CLOSED</p>	<p>23 Cottage Cheese W/Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>
<p>26 Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p>27 Walnut Pear Carrot/Celery Sticks Fruit Yogurt FF Raspberry Vinaigrette 6</p>	<p>28 Oriental Chicken Beets Fresh Fruit Toasted Sesame Dressing 5</p>	<p>29 Crab Cobb Fruit Cocktail Muffin/Margarine FF Ranch Dressing Birthday Cake 5</p>	<p>30 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change

7-5 AgeWell Closed
7-22 AgeWell Closed
7-29 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



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