

SEPTEMBER | 2021



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>31</p>	<p>1 Cobb Salad Fresh Fruit Muffin/Margarine French dressing 5</p>	<p>2 Cottage Cheese W/Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>3 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>
<p>6 AGEWELL CLOSED</p>	<p>7 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6</p>	<p>8 Oriental Chicken Beets Fresh Fruit Ginger Dressing 5</p>	<p>9 Crab Cobb Fruit Cocktail Muffin/Margarine FF Ranch dressing 5</p>	<p>10 Caprese Salad String Cheese Rye Bread/Margarine FF Italian dressing 4</p>
<p>13 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Ginger Dressing 7</p>	<p>14 BLT Club Applesauce Dinner Roll/Margarine Cucumber Slices FF French dressing 5</p>	<p>15 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p>16 Ambrosia Carrot & Celery Sticks Muffin 7</p>	<p>17 Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice FF Italian 7</p>
<p>20 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4</p>	<p>21 Taco Salad Tortilla Chips Fresh Apple 6</p>	<p>22 Apple Almond Salad Carrot & Celery Sticks Dinner Roll/Margarine 5</p>	<p>23 Loaded Spinach Salad Fresh Orange Muffin FF French dressing Birthday Cake 6</p>	<p>24 Chicken Fruit Cherry Tomatoes Wheat Brad/Margarine Apricots FF Ranch Dressing 4</p>
<p>27 Buffalo Chicken Salad Mandarin Oranges Dinner Roll/Margarine FF Ranch Dressing</p>	<p>28 Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette 5</p>	<p>29 Loaded Spinach Pears Rye Bread Banana FF French dressing 6</p>	<p>30 Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p>1</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change
9-23 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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