

OCTOBER | 2021



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread 6</p>
<p>4 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>5 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French dressing 5</p>	<p>6 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>7 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>8 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch dressing 4</p>
<p>11 Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p>12 Calypso Salad Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette 5</p>	<p>13 Cobb Salad Fresh Banana Muffin/Margarine French dressing 5</p>	<p>14 Cottage Cheese W/Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>15 Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>
<p>18 Beef & Bleu Salad Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese dressing 6</p>	<p>19 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6</p>	<p>20 Oriental Chicken Salad Beets Banana Ginger dressing 5</p>	<p>21 Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch dressing 5</p>	<p>22 Caprese Salad String Cheese Rye Bread/Margarine FF Italian dressing 4</p>
<p>25 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Ginger Dressing 7</p>	<p>26 BLT Club Applesauce Dinner Roll/Margarine Cucumber Slices FF French dressing 5</p>	<p>27 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p>28 Ambrosia Carrot & Celery Sticks Birthday Cake 7</p>	<p>29 Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice FF Italian 7</p>

Menu

Includes Low Fat Milk

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

Meals Subject to Change
10-28 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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