

NOVEMBER | 2021



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4	2 Taco Salad Tortilla Chips Fresh Apple 6	3 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Margarine 5	4 Loaded Spinach Fresh Orange Muffin FF French dressing 5	5 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch dressing 4
8 Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French dressing 6	9 Turkey Ranch Pasta Cucumber Slices Raisins 4	10 Chef Salad Diced Pears Wheat Bread/Margarine FF Raspberry Vinaigrette 5	11 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Margarine FF Ranch dressing 6	12 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6
15 Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5	16 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French dressing 5	17 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	18 Antipasti Salad Cherry Tomatoes Fruited Yogurt Birthday Cake 7	18 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing 4
22 Crab Pasta Salad Carrot/Celery Sticks Raisins 7	23 Calypso Salad Diced Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette 5	24 Cobb Salad Fresh Fruit Muffin/Margarine FF French dressing 5	25 AGEWELL CLOSED	26 AGEWELL CLOSED
29 Beef & Bleu Salad Diced Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese dressing 6	30 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6	1	2	3 ***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

11-18 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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