



DECEMBER | 2021

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates	30	1 Oriental Chicken Beets Fresh Fruit Ginger Dressing 5	2 Crab Cobb Salad Fruit Cocktail Muffin w/Margarine FF Ranch dressing 5	3 Caprese Salad String Cheese Rye Bread w/Margarine FF Italian Dressing 4
6 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7	7 BLT Club Applesauce Cucumber Slices Dinner Roll w/Margarine FF French dressing 5	8 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing 5	9 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine 7	10 Orange Feta Salad Tropical Fruit Dinner Roll w/Margarine FF Italian dressing 7
13 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4	14 Taco Salad Tortilla Chips Fresh Apple 6	15 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Margarine 5	16 Loaded Spinach Fresh Orange Muffin FF French dressing 5	17 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch dressing 4
20 Turkey Ranch Pasta Cucumber Slices Raisins 4	21 Chef Salad Diced Pears Wheat Bread/Margarine FF Raspberry Vinaigrette 5	22 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Margarine FF Ranch dressing 6	23 Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French dressing 6	24 AGEWELL CLOSED
27 AGEWELL CLOSED	28 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French dressing 5	29 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing 4	30 AGEWELL CLOSED	31 AGEWELL CLOSED

Menu

Includes Low Fat Milk

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

Meals Subject to Change

12-16 DTE Meal
12-24, 12-27, 12-30, 12-31
AgeWell Closed For Holidays

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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