



# JANUARY | 2022

## Salad Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7	<b>4</b> Calypso Salad Diced Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette 5	<b>5</b> Cobb Salad Fresh Fruit Muffin/Margarine FF French dressing 5	<b>6</b> Cottage Cheese W/ Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	<b>7</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7
<b>10</b> Beef & Bleu Salad Diced Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese dressing 6	<b>11</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6	<b>10</b> Oriental Chicken Salad Beets Fresh Fruit Sesame Ginger Dressing 5	<b>13</b> Crab Cobb Salad Fruit Cocktail Muffin & Margarine FF Ranch Dressing 5	<b>14</b> Caprese Salad String Cheese Rye Bread & Margarine FF Italian Dressing 4
<b>17</b> <b>AGEWELL SERVICES CLOSED</b>	<b>18</b> Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7	<b>19</b> BLT Club Applesauce Cucumber Slices Dinner Roll w/Margarine FF French dressing 5	<b>20</b> Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing 5	<b>21</b> Ambrosia Carrot & Celery Sticks Muffin w/ Margarine 7
<b>24</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4	<b>25</b> Taco Salad Tortilla Chips Fresh Apple 6	<b>26</b> Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Margarine 5	<b>27</b> Loaded Spinach Fresh Orange Muffin FF French dressing Birthday Cake 5	<b>28</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch dressing 4
<b>3</b> Turkey Ranch Pasta Cucumber Slices Raisins 4	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> ***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

1-17 AgeWell Closed  
1-27 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