

# APRIL | 2022

## Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28  *** 1 carb count = 15g of carbohydrates	29	30	31	1 carb count = 7 Ranch Pasta Salad Cucumber Slices Fresh Orange
4 carb count = 6 Beef & Bleu Salad Diced Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese dressing	5 carb count = 6 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette	6 carb count = 5 Oriental Chicken Salad Beets Fresh Fruit FF Ranch Dressing	7 carb count = 5 Crab Cobb Salad Fruit Cocktail Muffin & Margarine FF Ranch Dressing	8 carb count = 4 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing
11 carb count = 7 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing	12 carb count = 5 BLT Club, Applesauce Cucumber Slices Dinner Roll w/Margarine FF French dressing	13 carb count = 5 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing	14 carb count = 7 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine	15 carb count = 7 Orange Feta Salad Tropical Fruit Wheat Roll/Margarine FF Italian Dressing Apple Juice
18 carb count = 4 Strawberry Spinach Salad Cucumber Slices Raisins FF Rasp. Vinaigrette	19 carb count = 6 Taco Salad Tortilla Chips Fresh Apple	20 carb count = 5 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Margarine	21 carb count = 5 Loaded Spinach Fresh Orange Muffin FF French dressing	22 carb count = 4 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Marg. Apricots FF Ranch dressing
25 carb count = 4 Turkey Ranch Pasta Cucumber Slices Raisin	26 carb count = 5 Chef Salad Diced Pears Wheat Bread/Marg. FF Raspberry Vinaigrette	27 carb count = 6 Buffalo Chicken Salad Mandarin Oranges Wheat Bread /Margarine FF Ranch dressing	28 carb count = 6 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread	29 carb count = 6 Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French dressing

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

4-28 Birthday Celebration

**Reminder:**

Due to COVID-19  
Delivery Drivers will  
be taking precautions.  
Please note drivers will:

- wear masks and sanitize between each delivery.
- leave meals on your patio or porch.
- knock or ring your doorbell to let you know your meal is there.
- will wait until they see you are home before leaving the meal.

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