

# MAY | 2022

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>2</b> Anti-pasta Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>3</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French dressing 5</p>	<p><b>4</b> Caramel Apple Salad Carrot &amp; Celery Sticks Beets Orange Juice 6</p>	<p><b>5</b> Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5</p>	<p><b>6</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing 4</p>
<p><b>9</b> Calypso Salad Diced Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette 5</p>	<p><b>10</b> Cobb Salad Fresh Fruit Muffin/Margarine FF French dressing 5</p>	<p><b>11</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p><b>12</b> Cottage Cheese W/ Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p><b>13</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7</p>
<p><b>16</b> Beef &amp; Bleu Salad Diced Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese dressing 6</p>	<p><b>17</b> Oriental Chicken Salad Beets Fresh Fruit FF Ranch Dressing 5</p>	<p><b>18</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>	<p><b>19</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6</p>	<p><b>20</b> Crab Cobb Salad Fruit Cocktail Muffin &amp; Margarine FF Ranch Dressing 5</p>
<p><b>23</b> BLT Club Applesauce Cucumber Slices Dinner Roll w/Margarine FF French dressing 5</p>	<p><b>24</b> Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing 5</p>	<p><b>25</b> Ambrosia Carrot &amp; Celery Sticks Muffin w/ Margarine 7</p>	<p><b>26</b> Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing Birthday Cake 8</p>	<p><b>27</b> Orange Feta Salad Tropical Fruit What Roll &amp; Margarine FF Italian Dressing Apple Juice 7</p>
<p><b>30</b> <b>AGEWELL CLOSED</b></p>	<p><b>31</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch dressing 4</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b> ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>

### Menu

Includes Low Fat Milk

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

Meals Subject to Change

5-26 Birthday Celebration

5-30 AgeWell Closed

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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