

JUNE | 2022

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> <p>*** 1 carb count = 15g of carbohydrates</p>	<p>31</p>	<p>1 carb count = 5 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/ Margarine</p>	<p>2 carb count = 4 Strawberry Spinach Salad Cucumber Slices Raisins, FF Raspberry Vinaigrette</p>	<p>3 carb count = 6 Taco Salad Tortilla Chips Fresh Apple</p>
<p>6 carb count = 6 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread</p>	<p>7 carb count = 5 Chef Salad Diced Pears Wheat Bread/Marg. FF Raspberry Vinaigrette</p>	<p>8 carb count = 4 Turkey Ranch Pasta Cucumber Slices Raisins</p>	<p>9 carb count = 6 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Marg. FF Ranch dressing</p>	<p>10 carb count = 6 Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French dressing</p>
<p>13 carb count = 5 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French dressing</p>	<p>14 carb count = 5 Fresh Fruit Plate Cottage Cheese Sweet Bread/ Margarine</p>	<p>15 carb count = 6 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice</p>	<p>16 carb count = 7 Anti-pasta Salad Cherry Tomatoes Fruited Yogurt Crackers</p>	<p>17 carb count = 4 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing</p>
<p>20 carb count = 4 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing</p>	<p>21 carb count = 5 Oriental Chicken Salad Beets Fresh Fruit FF Ranch Dressing</p>	<p>22 carb count = 6 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette</p>	<p>23 carb count = 7 Beef & Bleu Salad Diced Peaches Dinner Roll/Marg. Orange Juice Bleu Cheese dressing Birthday Cake</p>	<p>24 carb count = 5 Crab Cobb Salad Fruit Cocktail Muffin & Margarine FF Ranch Dressing</p>
<p>27 carb count = 7 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine</p>	<p>28 carb count = 7 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing</p>	<p>29 carb count = 5 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing</p>	<p>30 carb count = 7 Orange Feta Salad Tropical Fruit Wheat Roll/Marg. FF Italian Dressing Apple Juice</p>	<p>1</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

6-23 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.

 231-755-0434
800-442-6769
www.agewellservices.org