

JULY | 2022



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>*** 1 carb count = 15g of carbohydrates</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1 BLT Club Applesauce Dinner Roll Cucumber Slices FF French dressing 5</p>
<p>4 AGEWELL CLOSED</p>	<p>5 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/ Margarine 5</p>	<p>6 Strawberry Spinach Salad Cucumber Slices Raisins, FF Raspberry Vinaigrette 4</p>	<p>7 Taco Salad Tortilla Chips Fresh Apple 6</p>	<p>8 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Marg. Apricots FF Ranch Dressing 4</p>
<p>11 Loaded Spinach Pears Rye Bread Banana FF French dressing 6</p>	<p>12 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>13 Chef Salad Pears Wheat Bread/Marg. FF Rasp. Vinaigrette. 5</p>	<p>14 AGEWELL CLOSED</p>	<p>15 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread 6</p>
<p>18 Fresh Fruit Plate Cottage Cheese Sweet Bread/ Margarine 5</p>	<p>19 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French dressing 5</p>	<p>20 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6</p>	<p>21 Anti-pasta Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>22 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing 4</p>
<p>25 Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p>26 Calypso Salad Peaches Wheat Bread/Marg. FF Rasp. Vinaigrette 5</p>	<p>27 Cobb Salad Banana Muffin/Marg. FF French dressing 5</p>	<p>28 Cottage Cheese W/ Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>29 Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>

Menu includes Low Fat Milk

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

Meals Subject to Change

7-4 AgeWell Closed
7-14 AgeWell Closed
7-28 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.

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