

SEPTEMBER | 2022



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 *** 1 carb count = 15g of carbohydrates	30	31	1 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6	2 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch dressing 4
5 AGEWELL CLOSED	6 Crab Pasta Salad Carrot/Celery Sticks Raisins 7	7 Cottage Cheese W/ Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	8 Ranch Pasta Salad Cucumber Slices Fresh Fruit 7	9 Cobb Salad Banana Muffin/Marg. FF French dressing 5
12 Beef & Bleu Salad Diced Peaches Dinner Roll/Marg. Orange Juice Bleu Cheese dressing 7	13 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette 6	14 Crab Cobb Salad Fruit Cocktail Muffin & Margarine FF Ranch Dressing 5	15 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	16 Oriental Chicken Salad Beets Fresh Fruit FF Ranch Dressing 5
19 BLT Club Applesauce Dinner Roll Cucumber Slices FF French dressing 5	20 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing 7	21 Orange Feta Salad Tropical Fruit Wheat Roll/Marg. FF Italian Dressing Apple Juice 7	22 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing Birthday Cake 6	23 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine 7
26 Taco Salad Tortilla Chips Fresh Apple 6	27 Loaded Spinach Fresh Orange Muffin FF French Dressing 5	28 Strawberry Spinach Salad Cucumber Slices Raisins, FF Raspberry Vinaigrette 4	29 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Marg. Apricots FF Ranch Dressing 4	30 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/ Margarine 5

Menu includes Low Fat Milk
Meals include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change
 9-5 AgeWell Closed
 9-22 Birthday Celebration



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