

# OCTOBER | 2022

## Salad Menu



### MONDAY

**3** Loaded Spinach  
Pears  
Rye Bread  
Banana  
FF French dressing  
6

### TUESDAY

**4** Chef Salad  
Pears  
Wheat Bread/Marg.  
FF Rasp. Vinaigrette.  
5

### WEDNESDAY

**5** Creamy Fruit Salad  
Carrot/Celery Sticks  
Sweet Bread  
6

### THURSDAY

**6** Turkey Ranch Pasta  
Cucumber Slices  
Raisins  
5

### FRIDAY

**7** Buffalo Chicken  
Salad  
Mandarin Oranges  
Roll/Margarine  
FF Ranch Dressing  
6

**10** Southwest Salad  
Fruit Cocktail  
Wheat  
Bread/Margarine  
FF French dressing  
5

**11** Anti-pasta Salad  
Cherry Tomatoes  
Fruited Yogurt  
Crackers  
7

**12** Fresh Fruit Plate  
Cottage Cheese  
Sweet Bread/  
Margarine  
5

**13** **AGEWELL  
CLOSED**

**14** Caramel Apple Salad  
Carrot & Celery  
Beets  
Orange Juice  
6

**17** Crab Pasta Salad  
Carrot/Celery Sticks  
Raisins  
7

**18** Cottage Cheese W/  
Fruit  
Cherry Tomatoes  
Fruited Yogurt  
Crackers  
6

**19** Ranch Pasta Salad  
Cucumber Slices  
Fresh Fruit  
7

**20** Cobb Salad  
Fresh Pear  
Muffin/Marg.  
FF French dressing  
5

**21** Calypso Salad  
Peaches  
Wheat Bread  
Margarine  
FF Rasp. Vinaigrette  
Dressing  
5

**24** Beef & Bleu Salad  
Diced Peaches  
Dinner Roll/Marg.  
Orange Juice  
Bleu Cheese dressing  
7

**25** Walnut Pear Salad  
Carrot/Celery Sticks  
Fruited Yogurt  
FF Raspberry  
Vinaigrette  
6

**26** Crab Cobb Salad  
Fruit Cocktail  
Muffin & Margarine  
FF Ranch Dressing  
5

**27** Oriental Chicken  
Salad  
Beets  
Fresh Fruit  
FF Ranch Dressing  
Birthday Cake  
6

**28** Caprese Salad  
String Cheese  
Rye Bread/Margarine  
FF Italian Dressing  
4

**31** BLT Club  
Applesauce  
Dinner Roll  
Cucumber Slices  
FF French dressing  
5

**1**

**2**

**3**

**4** \*\*\* 1 carb count =  
15g of carbohydrates

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**10-13 AgeWell Closed for  
Training**

**10-27 Birthday Celebration**

  
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