

NOVEMBER | 2022



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing 7	2 Orange Feta Salad Tropical Fruit Wheat Roll/Marg. FF Italian Dressing Apple Juice 7	3 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing 5	4 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine 7
7 Strawberry Salad Cucumber Slices Raisins FF Rasp Ving Dressing 4	8 Taco Salad Tortilla Chips Fresh Apple 6	9 Apple Almond Salad Carrot & Celery Sticks Dinner Roll/Margarine 5	10 Loaded Spinach Salad Fresh Orange Muffin FF French Dressing 5	11 Chicken Fruit Cherry Tomatoes Wheat Bread/Margarine FF Ranch Dressing 4
14 Turkey Pasta Salad Cucumber Slices Raisins 4	15 Chef Salad Pears Wheat Bread/Margarine FF Rasp. Ving. 5	16 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread 6	17 Buffalo Chicken Salad Mandarin Oranges Roll/Margarine FF Ranch Dressing Birthday Cake 7	18 Loaded Spinach Pears Rye Bread Banana FF French dressing 6
21 Fresh Fruit Plate Cottage Cheese Sweet Bread 5	22 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	23 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6	24 AGEWELL CLOSED	25 AGEWELL CLOSED
26 Crab Pasta Salad Carrot & Celery Sticks Raisins 7	29 Calypso Salad Peaches Roll/Margarine FF Rasp. Ving. Dressing 5	30 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing	1	2 *** 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**

**11-17 Birthday
Celebration**

**11-24 & 11-25 AgeWell
Closed**


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