



# DECEMBER | 2022

## Salad Menu

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

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**12-15 DTE Energy Dinner**

**12-26 & 12-27 AgeWell  
Closed**

**12-29 & 12-30 AgeWell  
Closed**

  
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