



JANUARY | 2023

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4	3 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7	4 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	5 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	6 Fresh Fruit Plate Cottage Cheese Sweet Bread 5
9 Crab Pasta Salad Carrot/Celery Sticks Raisins 7	10 Calypso Salad Diced Peaches Wheat Roll/Margarine FF Raspberry Ving. Dressing 5	11 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	12 Cottage Cheese with Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	13 Ranch Pasta Salad Cucumber Slices Fresh Orange 7
16 AGEWELL CLOSED	17 Beef & Bleu Salad Peaches Roll/Margarine Orange Juice Bleu Cheese Dressing 6	18 Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	19 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	20 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Rasp. Ving. Dressing 6
23 Orange Feta Salad Tropical Fruit Wheat Roll/Marg. FF Italian Dressing Apple Juice 7	24 Power Salad Raisins Wheat Bread w/Margarine FF Ranch dressing 5	25 Ambrosia Carrot & Celery Sticks Muffin w/ Margarine 7	26 BLT Salad Applesauce Roll/Margarine Cucumber Slices FF French Dressing Birthday Cake 6	27 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines FF Ranch Dressing 7
30 Taco Salad Tortilla Chips Fresh Apple 6	31 Strawberry Salad Cucumber Slices Raisins FF Rasp Ving Dressing 4	1	2	3 *** 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**

1-16 AgeWell Closed

1-26 Birthday Celebration



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