



FEBRUARY | 2023

Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30*** 1 carb count = 15g of carbohydrates

31

1 Apple Almond Salad
Carrot & Celery Sticks
Dinner Roll/Margarine
Raspberry Ving.
Dressing
5

2 Loaded Spinach Salad
Fresh Fruit
Muffin/Margarine
FF French Dressing
5

3 Chicken Fruit Salad
Cherry Tomatoes
Wheat
Bread/Margarine
Apricots
FF Ranch Dressing
4

6 Chef Salad
Diced Pears
Wheat
Bread/Margarine
Raspberry Ving.
Dressing
5

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

8 Creamy Fruit Salad
Carrot/Celery Sticks
Sweet
Bread/Margarine
6

9 Turkey Pasta Salad
Cucumber Slices
Raisins
4

10 Loaded Spinach Salad
Rye Bread
Fresh Fruit
FF French Dressing
6

13 Chicken Spinach Salad
Pineapple Tidbits
Three Bean Salad
Ranch Dressing
4

14 Caramel Apple Salad
Carrot/Celery Sticks
Beets
Orange Juice
6

15 Antipasti Salad
Cherry Tomatoes
Fruited Yogurt
Crackers
7

16 Southwest Salad
Fruit Cocktail
Wheat
Bread/Margarine
French Dressing
5

17 Fresh Fruit Plate
Cottage Cheese
Sweet Bread
5

20 **AGEWELL
CLOSED**

21 Calypso Salad
Diced Peaches
Wheat
Roll/Margarine
FF Raspberry Ving.
Dressing 5

22 Crab Pasta Salad
Carrot/Celery Sticks
Raisins
7

23 Cobb Salad
Fresh Fruit
Muffin/Margarine
French Dressing
Birthday Cake
6

24 Ranch Pasta Salad
Cucumber Slices
Fresh Orange
7

27 Walnut Pear Salad
Carrot & Celery Sticks
Fruited Yogurt
FF Rasp. Ving.
Dressing
6

28 Beef & Bleu Salad
Peaches
Roll/Margarine
Orange Juice
Bleu Cheese
Dressing
6

1

2

3

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

2-20 AgeWell Closed

2-23 Birthday Celebration



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www.agewellservices.org