



# MARCH | 2023

## Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>27***</b> 1 carb count = 15g of carbohydrates</p>	<p><b>28</b></p>	<p><b>1</b> Oriental Chicken Salad Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>2</b> Crab Cobb Salad Fruit Cocktail Muffin W/ Margarine FF Ranch Dressing 5</p>	<p><b>3</b> Caprese Salad String Cheese Rye Bread W/Margarine FF Italian Dressing 4</p>
<p><b>6</b> BLT Club Salad Applesauce Dinner Roll W/Margarine Cucumber Slices FF French Dressing 5</p>	<p><b>7</b> Power Salad Raisins Wheat Bread W/ Margarine FF Ranch Dressing 5</p>	<p><b>8</b> Ambrosia Salad Carrot &amp; Celery Sticks Muffin W/ Margarine 7</p>	<p><b>9</b> Orange Feta Salad Tropical Fruit Wheat Bread W/ Margarine Apple Juice FF Italian Dressing 7</p>	<p><b>10</b> Asian Sesame Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>
<p><b>13</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>	<p><b>14</b> Loaded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5</p>	<p><b>15</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>	<p><b>16</b> Apple Almond Salad Carrot &amp; Celery Sticks Dinner Roll/Margarine Raspberry Vinaigrette Dressing Birthday Cake 6</p>	<p><b>17</b> Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6</p>
<p><b>20</b> Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p><b>21</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p><b>22</b> Buffalo Chicken Salad Mandarin Oranges Dinner Roll/Margarine FF Ranch Dressing 6</p>	<p><b>23</b> <b>AGEWELL CLOSED</b></p>	<p><b>24</b> Chef Salad Diced Pears Wheat Bread/Margarine Raspberry Vinaigrette Dressing 5</p>
<p><b>27</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p><b>28</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p><b>29</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>30</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p><b>31</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4</p>

**Menu includes Low Fat Milk**

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

**Meals Subject to Change**

**3-16 Birthday Celebration**

**3-23 AgeWell Closed for Training**

**AgeWell**  
SERVICES  
231-755-0434  
800-442-6769

[www.agewellservices.org](http://www.agewellservices.org)