

# APRIL | 2023

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3** Ranch Pasta Salad  
Cucumber Slices  
Fresh Orange  
7

**4** Cottage Cheese & Fruit  
Cherry Tomatoes  
Fruited Yogurt  
Crackers  
6

**5** Cobb Salad  
Fresh Fruit  
Muffin/Margarine  
French Dressing  
5

**6** Calypso Salad  
Diced Peaches  
Wheat  
Roll/Margarine  
FF Rasp. Vinaigrette  
Dressing  
5

**7** Crab Pasta Salad  
Carrot & Celery  
Sticks  
Raisins  
7

**10** Beef & Bleu Salad  
Diced Peaches  
Wheat  
Roll/Margarine  
Orange Juice  
Bleu Cheese  
Dressing  
6

**11** Walnut Pear Salad  
Carrot & Celery  
Sticks  
Fruited Yogurt  
FF Rasp. Vinaigrette  
Dressing  
6

**12** Oriental Chicken  
Salad  
Beets  
Fresh Fruit  
Ginger Dressing  
5

**13** Crab Cobb Salad  
Fruit Cocktail  
Muffin/Margarine  
FF Ranch Dressing  
5

**14** Caprese Salad  
String Cheese  
Rye Bread/Margarine  
FF Italian Dressing  
4

**17** Asian Ginger Salad  
Cherry Tomatoes  
Fresh Fruit  
Saltines  
Ginger Dressing  
7

**18** BLT Club Salad  
Applesauce  
Wheat  
Roll/Margarine  
Cucumber Slices  
French Dressing  
5

**19** Power Salad  
Raisins  
Wheat  
Bread/Margarine  
FF Ranch Dressing  
5

**20** Ambrosia Salad  
Carrot & Celery  
Sticks  
Muffin/Margarine  
7

**20** Orange Feta Salad  
Tropical Fruit  
Wheat  
Roll/Margarine  
Apple Juice  
FF Italian Dressing  
7

**24** Taco Salad  
Tortilla Chips  
Fresh Fruit  
Taco Sauce  
6

**25** Apple Almond Salad  
Carrot & Celery  
Sticks  
Roll/Margarine  
5

**26** Strawberry Spinach  
Salad  
Cucumber Slices  
Raisins  
FF Rasp. Vinaigrette  
Dressing  
4

**27** Chicken Fruit Salad  
Cherry Tomatoes  
Wheat  
Bread/Margarine  
Apricots  
FF Ranch Dressing  
Birthday Cake  
5

**28** Loaded Spinach  
Salad  
Fresh Fruit  
Muffin/Margarine  
French Dressing  
5

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**4-27 Birthday Celebration**

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



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