

# SEPTEMBER | 2023

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>28</b> *** 1 carb count = 15g of carbohydrates</p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p><b>4</b> <b>AGEWELL CLOSED</b></p>	<p><b>5</b> Calypso Salad Peaches Wheat Roll/Margarine Raspberry Vinaigrette Dressing 5</p>	<p><b>6</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p><b>7</b> Crab Pasta Salad Carrot &amp; Celery Sticks Raisins 7</p>	<p><b>8</b> Cottage Cheese &amp; Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>
<p><b>11</b> Oriental Chicken Salad Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>12</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p><b>13</b> Walnut Pear Salad Carrot &amp; Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6 7</p>	<p><b>14</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p><b>15</b> Caprese Salad String Cheese Rye Bread/Margarine FFR Italian Dressing 4</p>
<p><b>18</b> Ambrosia Carrot &amp; Celery Sticks Muffin/Margarine 7</p>	<p><b>19</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Applesauce FF Italian Dressing 7</p>	<p><b>20</b> BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices FF French Dressing 5</p>	<p><b>21</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p><b>22</b> Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>
<p><b>25</b> Caded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5</p>	<p><b>26</b> Apple Almond Salad Carrot &amp; Celery Sticks Wheat Roll/Margarine 5</p>	<p><b>27</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>	<p><b>28</b> Taco Salad Tortilla Chips Fresh Fruit Taco Sauce Birthday Cake 7</p>	<p><b>29</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**9-4 AgeWell Closed  
9-28 Birthday Celebration**



**\*\*Please remember  
Holiday meals will only  
be sent to those in  
highest need which is  
very few participants**

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