

# OCTOBER | 2023

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>2</b> Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p><b>3</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6</p>	<p><b>4</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p><b>5</b> Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p><b>6</b> Loaded Spinach Salad Pears Rye Bread/Margarine Fresh Fruit French Dressing 6</p>
<p><b>9</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p><b>10</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p><b>11</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>12</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p><b>13</b> Chicken Spinach Salad Pineapple Tidbits Three Beans Salad FF Ranch Dressing 4</p>
<p><b>16</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>	<p><b>17</b> Calypso Salad Peaches Wheat Roll/Margarine Raspberry Vinaigrette Dressing 5</p>	<p><b>18</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p><b>19</b> <b>AGEWELL CLOSED FOR TRAINING</b></p>	<p><b>20</b> Cottage Cheese &amp; Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>
<p><b>23</b> Walnut Pear Salad Carrot &amp; Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p><b>24</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>25</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p><b>26</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing Birthday Cake 7</p>	<p><b>27</b> Caprese Salad String Cheese Rye Bread/Margarine FFR Italian Dressing 4</p>
<p><b>30</b> BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices FF French Dressing 5</p>	<p><b>31</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b> *** 1 carb count = 15g of carbohydrates</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**10-26 Birthday Celebration**



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

231-755-0434  
800-442-6769  
[www.agewellservices.org](http://www.agewellservices.org)