

NOVEMBER | 2023



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30*** 1 carb count = 15g of carbohydrates</p>	<p>31</p>	<p>1 Orange Feta Salad Tropical Fruit Wheat Bread/Margarine Apple Juice FF Italian Dressing 7</p>	<p>2 Ambrosia Carrot & Celery Sticks Muffin/Margarine 7</p>	<p>3 Sesame Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>
<p>6 Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6</p>	<p>7 Apple Almond Salad Carrot & Celery Sticks Dinner Roll/Margarine 5</p>	<p>8 Loaded Spinach Salad Fresh Fruit Muffin/Margarine 5</p>	<p>9 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>	<p>10 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>
<p>11 Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6</p>	<p>14 Turkey Ranch Pasta Cucumber Slices Raisins 4</p>	<p>15 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p>16 Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p>17 Loaded Spinach Salad Pears Rye Bread/Margarine Fresh Fruit French Dressing 6</p>
<p>20 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>21 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p>22 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>23 AGEWELL CLOSED</p>	<p>24 AGEWELL CLOSED</p>
<p>27 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p>28 Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>29 Calypso Salad Peaches Wheat Roll/Margarine Raspberry Vinaigrette Dressing 5</p>	<p>30 Ranch Pasta Salad Cucumber Slices Fresh Fruit Birthday Cake 7</p>	<p>1</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**11-23 AgeWell Closed
11-24 AgeWell Closed
11-30 Birthday Celebration**



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

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