



DECEMBER | 2023

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27*** 1 carb count = 15g of carbohydrates	28	29	30	1 Crab Pasta Salad Carrot & Celery Sticks Raisins 7
4 Beef & Bleu Salad Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese Dressing 6	5 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	6 Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	7 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5	8 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6
11 BLT Club Salad Applesauce Cucumber Slices Dinner Roll/Margarine FF Ranch French Dressing 5	12 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5	13 Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice FF Italian Dressing 7	14 Ambrosia Salad Carrot & Celery Sticks Muffin/Margarine 7	15 Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7
18 Loaded Spinach Salad Fresh Fruit Muffin/Margarine 5	19 Apple Almond Salad Carrot & Celery Sticks Dinner Roll/Margarine 5	20 Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6	21 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4	22 AGEWELL CLOSED
25 AGEWELL CLOSED	26 Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5	27 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6	28 Turkey Ranch Pasta Cucumber Slices Raisins 4	29 AGEWELL CLOSED

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**12-14 DTE Dinner
12-22/12-25 AgeWell Closed
12-29/1-1 AgeWell Closed**



****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