



JANUARY | 2024

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 AGEWELL CLOSED	2 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7	3 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	4 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch Dressing 4	5 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5
8 Ranch Pasta Salad Cucumber Slices Fresh Fruit 7	9 Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	10 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	11 Calypso Salad Peaches Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5	12 Crab Pasta Salad Carrot/Celery Sticks Raisins 7
15 AGEWELL CLOSED	16 Beef & Bleu Salad Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese Dressing 6	17 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5	18 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6	19 Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5
22 BLT Club Salad Applesauce Cucumber Slices Dinner Roll/Margarine FF Ranch French Dressing 5	23 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5	24 Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7	25 Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice FF Italian Dressing Birthday Cake 8	26 Ambrosia Salad Carrot & Celery Sticks Muffin/Margarine 7
29 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4	30 Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6	31 Apple Almond Salad Carrot & Celery Sticks Dinner Roll/Margarine 5	1	2 *** 1 carb count = 15g of carbohydrates

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**1-1 AgeWell Closed
1-15 AgeWell Closed
1-25 Birthday Celebration**



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

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