



# FEBRUARY | 2024

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 Loaded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5	2 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette 4
5 Chef Salad Diced Pears Wheat Bread/Margarine FF Raspberry Vinaigrette 5	6 Turkey Pasta Salad Cucumber Slices Raisins 4	7 Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6	8 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6	9 Loaded Spinach Salad Diced Pears Rye Bread/Margarine Fresh Fruit FF French Dressing 6
12 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7	13 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	14 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch Dressing 4	15 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	16 Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5
19 <b>AGEWELL CLOSED</b>	20 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	21 Crab Pasta Salad Carrot/Celery Sticks Raisins 7	22 Ranch Pasta Salad Cucumber Slices Fresh Fruit Birthday Cake 8	23 Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6
26 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6	27 Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	28 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5	29 Beef & Bleu Salad Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese Dressing 6	1 *** 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**

**2-19 AgeWell Closed**  
**2-22 Birthday Celebration**



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

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