



MARCH | 2024

Salad Menu

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

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**3-21 Birthday Celebration
3-28 AgeWell Closed for
training**



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

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