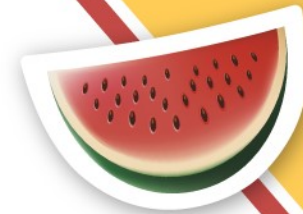


JUNE | 2024

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Strawberry Spinach Salad
Cucumber Slices
Raisins
FF Raspberry Vinaigrette Dressing
4

4 Taco Salad
Tortilla Chips
Fresh Apple
6

5 Apple Almond Salad
Carrot/Celery Sticks
Wheat Roll/Margarine
5

6 Loaded Spinach Salad
Fresh Orange
Muffin/Margarine
FF French Dressing
5

7 Chicken Fruit Salad
Cherry Tomatoes
Wheat
Bread/Margarine
Apricots
FF Ranch Dressing
4

10 Buffalo Chicken Salad
Mandarin Oranges
Wheat Roll/Margarine
FF Ranch Dressing
6

11 Creamy Fruit Salad
Carrot/Celery Sticks
Sweet
Bread/Margarine
6

12 Chef Salad
Diced Pears
Wheat
Bread/Margarine
FF Raspberry Vinaigrette Dressing
5

13 Turkey Pasta Salad
Cucumber Slices
Raisins
4

14 Loaded Spinach Salad
Diced Pears
Rye Bread
Fresh Fruit
FF French Dressing
6

17 Antipasti Salad
Cherry Tomatoes
Fruited Yogurt
Crackers
7

18 Fresh Fruit Plate
Cottage Cheese
Sweet Bread
5

19 **AGEWELL
CLOSED**

20 Caramel Apple Salad
Carrot/Celery Sticks
Beets
Orange Juice
6

21 Southwest Salad
Fruit Cocktail
Wheat
Bread/Margarine
FF French Dressing
5

24 Crab Pasta Salad
Carrot/Celery Sticks
Raisins
7

25 Calypso Salad
Peaches
Wheat Roll/Margarine
FF Raspberry Vinaigrette Dressing
5

26 Cottage Cheese W
Fruit
Cherry Tomatoes
Fruited Yogurt
Crackers
6

27 Cobb Salad
Fresh Fruit
Muffin/Margarine
FF French Dressing
Birthday Cake
6

28 Ranch Pasta Salad
Cucumber Slices
Fresh Fruit
7

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**6-19 AgeWell Closed
6-27 Birthday Celebration**

1 carb count = 15g of
carbohydrates



****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