

# MAY | 2024

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>29</b> *** 1 carb count = 15g of carbohydrates</p>	<p><b>30</b></p>	<p><b>1</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread 6</p>	<p><b>2</b> Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p><b>3</b> Loaded Spinach Salad Pears Rye Bread Fresh Fruit FF French Dressing 6</p>
<p><b>6</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French Dressing 5</p>	<p><b>7</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>8</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Light Ranch Dressing 4</p>	<p><b>9</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p><b>10</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>
<p><b>13</b> Cobb Salad Fresh Fruit Muffin/Margarine FF French Dressing 5</p>	<p><b>14</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>	<p><b>15</b> Cottage Cheese W Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p><b>16</b> Calypso Salad Peaches Wheat Roll/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p><b>17</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>
<p><b>20</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p><b>21</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>22</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF ranch Dressing 5</p>	<p><b>23</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Fresh Fruit Bleu Cheese Dressing Birthday Cake 7</p>	<p><b>24</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>
<p><b>27</b> <b>AGEWELL CLOSED</b></p>	<p><b>28</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple juice FF Italian Dressing 7</p>	<p><b>29</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p><b>30</b> Asian Sesame Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>	<p><b>31</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**5-23 Birthday Celebration  
5-27 AgeWell Closed**



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

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