

# JULY | 2024

## Salad Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressings 6</p>	<p><b>2</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>	<p><b>3</b> Crab Cobb Salad Fruited Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p><b>4</b> <b>AGEWELL CLOSED</b></p>	<p><b>5</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>
<p><b>8</b> Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>	<p><b>9</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7</p>	<p><b>10</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p><b>11</b> Orange Feta Salad Tropical Fruit Wheat Bread/Margarine Apple Juice FF Italian Dressing 7</p>	<p><b>12</b> BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices FF French Dressing 5</p>
<p><b>15</b> Loaded Spinach Salad Fresh Orange Muffin/Margarine FF French Dressing 5</p>	<p><b>16</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>	<p><b>17</b> Taco Salad Tortilla Chips Fresh Apple 6</p>	<p><b>18</b> Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine 5</p>	<p><b>19</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>
<p><b>22</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6</p>	<p><b>23</b> Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p><b>24</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p><b>25</b> Chef Salad Diced Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing Birthday Cake 6</p>	<p><b>26</b> Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French Dressing 6</p>
<p><b>29</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French Dressing 5</p>	<p><b>30</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p><b>31</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p><b>1</b></p>	<p><b>1</b> carb count = 15g of carbohydrates</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**7-4 AgeWell Closed  
7-25 Birthday Celebration**



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

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