

# AUGUST | 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>31</b></p>	<p><b>1</b> Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5</p>	<p><b>2</b> Chicken Spinach Salad Pineapple Tidbits Three Beans Salad Ranch Dressing 4</p>
<p><b>5</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p><b>6</b> <b>AGEWELL CLOSED</b></p>	<p><b>7</b> Cottage Cheese &amp; Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p><b>8</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>	<p><b>9</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>
<p><b>12</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p><b>13</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p><b>14</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p><b>15</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine Ranch Dressing 5</p>	<p><b>16</b> Caprese Salad String Cheese Rye Bread/Margarine Italian Dressing 4</p>
<p><b>19</b> BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices French Dressing 5</p>	<p><b>20</b> Power Salad Raisins Wheat Bread/Margarine Ranch Dressing 5</p>	<p><b>21</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7</p>	<p><b>22</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice Italian Dressing Birthday Cake 8</p>	<p><b>23</b> Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>
<p><b>26</b> Loaded Spinach Salad Pears Rye Bread/Margarine Fresh Fruit Ranch Dressing 6</p>	<p><b>27</b> Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p><b>28</b> Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p><b>29</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine Ranch Dressing 6</p>	<p><b>30</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**8-6 AgeWell Closed  
8-22 Birthday Celebration**



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