

SEPTEMBER | 2024



Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 AGEWELL CLOSED</p>	<p>3 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p>4 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6</p>	<p>5 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>6 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4</p>
<p>9 Crab Pasta Salad Carrot & Celery Sticks Raisins 7</p>	<p>10 Calypso Salad Diced Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p>11 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p>12 Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p>13 Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>
<p>16 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p>17 Crab Cobb Salad Fruit Cocktail Muffin/Margarine Ranch Dressing 5</p>	<p>18 Caprese Salad String Cheese Rye Bread/Margarine Italian Dressing 4</p>	<p>19 Walnut Pear Salad Carrot & Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p>20 Beef & Bleu Salad Diced Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>
<p>23 Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice Italian Dressing 7</p>	<p>24 Ambrosia Salad Carrot & Celery Sticks Muffin/Margarine 7</p>	<p>25 Power Salad Raisins Wheat Bread/Margarine Ranch Dressing 5</p>	<p>26 BLT Club Salad Applesauce Dinner Roll/Margarine Cucumber Slices French Dressing Birthday Cake 6</p>	<p>27 Asian Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7</p>
<p>30 Taco Salad Tortilla Chips Fresh Fruit 6</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4 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

9-2 Age Well Closed
9-26 Birthday Celebration



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