

# OCTOBER | 2024



## Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> carb count = 15g of carbohydrates</p>	<p><b>1</b> Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>	<p><b>2</b> Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine 5</p>	<p><b>3</b> Loaded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5</p>	<p><b>4</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>
<p><b>7</b> Chef Salad Diced Pears Wheat Brad/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p><b>8</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6</p>	<p><b>9</b> Turkey Ranch Pasta Salad Cucumber Slices Raisins 4</p>	<p><b>10</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p><b>11</b> Loaded Spinach Salad Diced Pears Rye Bread Fresh Fruit FF French Dressing 6</p>
<p><b>14</b> Antipasti Salad Cherry Tomatoes Fruit Yogurt Crackers 7</p>	<p><b>15</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Salad FF Ranch Dressing 4</p>	<p><b>16</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p><b>17</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p><b>18</b> Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5</p>
<p><b>21</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p><b>22</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p><b>23</b> Cottage Cheese &amp; Fruit Cherry Tomatoes Fruited Yogurt Crackers 6</p>	<p><b>24</b> <b>AGEWELL CLOSED</b></p>	<p><b>25</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>
<p><b>28</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p><b>29</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5</p>	<p><b>30</b> Beef &amp; Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p><b>31</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing Birthday Cake 6</p>	<p><b>1</b></p>

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**10-24 Age Well Closed  
10-31 Birthday Celebration**



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