

NOVEMBER | 2024



Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 carb count = 15g of carbohydrates</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>
<p>4 Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7</p>	<p>5 Ambrosia Salad Carrot & Celery Sticks Muffin/Margarine 7</p>	<p>6 Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5</p>	<p>7 BLT Club Salad Applesauce Wheat Roll/Margarine Cucumber Slices FF French Dressing 5</p>	<p>8 Asian Sesame Salad Cherry Tomatoes Fresh Fruit Crackers Ginger Dressing 7</p>
<p>11 Loaded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5</p>	<p>12 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Margarine Apricots FF Ranch Dressing 4</p>	<p>13 Apple Almond Salad Carrot & Celery Sticks Wheat Roll/Margarine 5</p>	<p>14 Taco Salad Tortilla Chips Fresh Fruit 6</p>	<p>15 Strawberry Spinach Salad Cucumber Slices Raisins FF Raspberry Vinaigrette Dressing 4</p>
<p>18 Creamy Fruit Salad Carrot & Celery Sticks Sweet Bread/Margarine 6</p>	<p>19 Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p>20 Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine FF Ranch Dressing 6</p>	<p>21 Turkey Pasta Salad Cucumber Slices Raisins Birthday Cake 5</p>	<p>20 Loaded Spinach Salad Diced Pears Rye Bread/Margarine Fresh Fruit FF French Dressing 6</p>
<p>25 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>26 Caramel Apple Salad Carrot & Celery Sticks Beets Orange Juice 6</p>	<p>27 Southwest Salad Fruit Cocktail Wheat Bread/Margarine FF French Dressing 5</p>	<p>28 AGEWELL CLOSED</p>	<p>29 AGEWELL CLOSED</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

**11-21 Birthday Celebration
11-28 & 29 AgeWell Closed**



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