



# DECEMBER | 2024

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	<b>3</b> Cottage Cheese & Fruit Cherry Tomatoes Fruited Yogurt Crackers 6	<b>4</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7	<b>5</b> Calypso Salad Peaches Dinner Roll/Margarine FF Raspberry Vinaigrette Dressing 5	<b>6</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7
<b>9</b> Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	<b>10</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine FF Ranch Dressing 5	<b>11</b> Beef & Bleu Salad Peaches Dinner Roll/Margarine Orange Juice Bleu Cheese Dressing 6	<b>12</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6	<b>13</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5
<b>16</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7	<b>17</b> Orange Feta Salad Tropical Fruit Dinner Roll/Margarine Apple Juice FF Italian Dressing 7	<b>18</b> Power Salad Raisins Wheat Bread/Margarine FF Ranch Dressing 5	<b>19</b> BLT Club Salad Applesauce Cucumber Slices Dinner Roll/Margarine FF French Dressing 5	<b>20</b> Sesame Ginger Salad Cherry Tomato Fresh Fruit Saltines Ginger Dressing 7
<b>23</b> Taco Salad Tortilla Chips Fresh Fruit Taco Sauce 6	<b>24</b> AGEWELL CLOSED	<b>25</b> AGEWELL CLOSED	<b>26</b> AGEWELL CLOSED	<b>27</b> Loaded Spinach Salad Fresh Fruit Muffin/Margarine FF French Dressing 5
<b>30</b> Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5	<b>31</b> AGEWELL CLOSED	<b>1</b> AGEWELL CLOSED	<b>2</b>	<b>31</b> carb count = 15g of carbohydrates

Menu includes  
Low Fat Milk

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

Meals Subject  
to Change

12-12 DTE Dinner  
12-24/26 AgeWell Closed  
12-31 & 1-1 AgeWell Closed



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