



JANUARY | 2025

Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 carb count = 15g of carbohydrates	31	1 AGEWELL CLOSED	2 Turkey Pasta Salad Cucumber Slices Raisins 4	3 Buffalo Chicken Salad Carrot/Celery Sticks Sweet Bread/Margarine 6
6 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4	7 Antipasti Salad Cherry Tomatoes Fruit Yogurt Crackers 7	8 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	9 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	10 Fresh Fruit Plate Cottage Cheese Sweet Bread/Margarine 5
13 Calypso Salad Peaches Wheat Roll/Margarine FF Raspberry Vinaigrette Dressing 5	14 Crab Pasta Salad Carrot/Celery Sticks Raisins 7	15 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	16 Cottage Cheese w/Fruit Cherry Tomatoes Fruit Yogurt Crackers 6	17 Ranch Pasta Salad Cucumber Slices Fresh Frit 7
20 AGEWELL CLOSED	21 Caprese Salad String Cheese Rye Bread/Margarine FF Italian Dressing 4	22 Oriental Salad Fruit Cocktail Muffin/Margarine Ranch Dressing 5	23 Walnut Pear Salad Carrot/Celery Sticks Fruit Yogurt FF Raspberry Vinaigrette Dressing Birthday Cake 7	24 Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6
27 Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7	28 Ambrosia Saad Carrot/Celery Sticks Muffin/Margarine 7	29 Power Salad Raisins Wheat Bread/Margarine Ranch Dressing 5	30 BLT Club Salad Applesauce Dinner Roll/Margarine Cucumber Slices Ranch Dressing 5	31 Asian Sesame Salad Cherry Tomato Fresh Fruit Saltines Ginger Dressing 7

Menu includes Low Fat Milk


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

Meals Subject to Change

1-1-25 AgeWell Closed

1-20-25 AgeWell Closed

1-23-25 Birthday Celebration



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