



FEBRUARY | 2025

Salad Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p>4 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p>5 Crab Cobb Salad Fruit Cocktail Muffin/Margarine Ranch Dressing 5</p>	<p>6 Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p>7 Caprese String Cheese Rye Bread/Margarine FF Italian Dressing 4</p>	<p>Menu includes Low Fat Milk</p> <p>Meals include 1/3 of the Recommended Daily Allowance (RDA)</p> <p><u>Meals Subject to Change</u></p> <p>2-14 AgeWell Closed 2-17 AgeWell Closed</p> <p>2-27 Birthday Celebration</p> <p>1 carb count = 15g of carbohydrates</p>  <p>231-755-0434 800-442-6769 www.agewellservices.org</p>
<p>10 Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7</p>	<p>11 Power Salad Raisins Wheat Bread/Margarine Ranch Dressing 5</p>	<p>12 Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7</p>	<p>13 BLT Club Applesauce Wheat Roll/Margarine Cucumber Slices French Dressing 5</p>	<p>14 AGEWELL CLOSED</p>	
<p>17 AGEWELL CLOSED</p>	<p>18 Taco Salad Tortilla Chips Fresh Fruit 6</p>	<p>19 Apple Almond Salad Carrot/Celery Sticks Wheat Roll/Margarine 5</p>	<p>20 Loaded Spinach Fresh Fruit Muffin/Margarine French Dressing 5</p>	<p>21 Chicken Fruit Cherry Tomatoes Wheat Bread/Margarine Apricots Ranch Dressing 4</p>	
<p>24 Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Margarine Ranch Dressing 6</p>	<p>25 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Margarine 6</p>	<p>26 Chef Salad Pears Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>	<p>27 Turkey Pasta Salad Cucumber Slices Raisins Birthday Cake 5</p>	<p>28 Loaded Spinach Salad Pears Rye Bread/Margarine Fresh Fruit French Dressing 6</p>	