



# MARCH | 2025

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4	<b>4</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7	<b>5</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	<b>6</b> Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5	<b>7</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5
<b>10</b> Cottage Cheese with Fruit Cherry Tomato Fruited Yogurt Crackers 6	<b>11</b> Ranch Pasta Salad Cucumber Slices Fresh Fruit 7	<b>12</b> Cobb Salad Fresh Fruit Muffin/Margarine French Dressing 5	<b>13</b> Crab Pasta Salad Carrot/Celery Sticks Raisins 7	<b>14</b> Calypso Salad Peaches Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5
<b>17</b> Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6	<b>18</b> Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5	<b>19</b> Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6	<b>20</b> Crab Cobb Salad Fruit Cocktail Muffin/Margarine Ranch Dressing 5	<b>21</b> Caprese String Cheese Rye Bread/Margarine FF Italian Dressing 4
<b>24</b> Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7	<b>25</b> Orange Feta Salad Tropical Fruit Wheat Roll/Margarine Apple Juice FF Italian Dressing 7	<b>26</b> Power Salad Raisins Wheat Bread/Margarine Ranch Dressing 5	<b>27</b> BLT Club Applesauce Wheat Roll/Margarine Cucumber Slices French Dressing Birthday Cake 6	<b>28</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Margarine 7
<b>31</b> Loaded Spinach Salad Fresh Orange Muffin/Margarine French Dressing 5	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 1 carb count = 15g of carbohydrates

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**3-27 Birthday Celebration**



231-755-0434  
800-442-6769  
www.agewellservices.org