

# MAY | 2025

## Salad Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> carb count = 15g of carbohydrates	<b>29</b>	<b>30</b>	<b>1</b> Caprese Salad String Cheese Rye Bread/Butter Italian Dressing 4	<b>2</b> Crab Cobb Salad Fruit Cocktail Muffin/Butter Ranch Dressing 5
<b>5</b> Asian Ginger Salad Cherry Tomatoes Fresh Fruit Saltines Ginger Dressing 7	<b>6</b> BLT Club Saad Applesauce Dinner Roll/Butter Cucumber Slices French Dressing 5	<b>7</b> Power Salad Raisins Wheat Bread/Butter Ranch Dressing 5	<b>8</b> Ambrosia Salad Carrot/Celery Sticks Muffin/Butter 7	<b>9</b> Orange Feta Salad Tropical Fruit Wheat Bread/Butter Apple Juice Italian Dressing 7
<b>12</b> Taco Salad Tortilla Chips Fresh Fruit 6	<b>13</b> Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Butter 5	<b>14</b> Loaded Spinach Salad Fresh Fruit Muffin/Butter French Dressing 5	<b>15</b> Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Butter Apricots Ranch Dressing 4	<b>16</b> Strawberry Spinach Salad Cucumber Slices Raisins Raspberry Vinaigrette Dressing 4
<b>19</b> Buffalo Chicken Salad Mandarin Oranges Wheat Roll/Butter Ranch Dressing 6	<b>20</b> Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Butter 6	<b>21</b> Chef Salad Diced Pears Wheat Bread/Margarine Raspberry Vinaigrette Dressing 5	<b>22</b> Turkey Ranch Pasta Cucumber Slices Raisins Birthday Cake 5	<b>23</b> Loaded Spinach Salad Diced Pears Rye Bread/Butter Fresh Fruit French Dressing 6
<b>26</b> <b>AGEWELL CLOSED</b>	<b>27</b> Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6	<b>28</b> Southwest Salad Fruit Cocktail Wheat Bread/Butter French Dressing 5	<b>29</b> Antipasti Salad Cherry Tomatoes Fruited Yogurt Saltines 7	<b>30</b> Chicken Spinach Salad Pineapple Tidbits Three Bean Saad Ranch Dressing 4

**Menu includes  
Low Fat Milk**

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

**Meals Subject  
to Change**

**5-22 Birthday Celebration  
5-26 AgeWell Closed**



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