

JULY | 2019

Salad Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 1 Loaded Spinach Pears Rye Bread Banana Fat Free French 6 | 2 Turkey Ranch Pasta Cucumber Slices Raisins 4 | 3 Creamy Fruit Salad Carrots and Celery Sweet Bread 6 | 4 AGEWELL CLOSED | 5 Buffalo Chicken Mandarin Oranges Fat Free Ranch 5 |
| 8 Southwest Salad Fruit Cocktail Wheat Bread French Dressing 5 | 9 Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4 | 10 Antipasti Salad Cherry Tomatoes Yogurt Crackers 7 | 11 Caramel Apple Salad Carrot and Celery Beets Orange Juice 6 | 12 Fresh Fruit Plate Cottage Cheese Sweet Bread 5 |
| 15 Calypso Salad Peaches Wheat Roll FF Raspberry Vinaigrette 6 | 16 Ranch Pasta Salad Cucumber Slices Fresh Orange 7 | 17 Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6 | 18 Cobb Salad Fresh Banana Muffin French Dressing 5 | 19 Crab Pasta Salad Carrots and Celery Raisins 7 |
| 22 Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4 | 23 Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6 | 24 Oriental Salad Beets Banana Sesame Ginger Dressing 5 | 25 Walnut Pear Salad Carrot and Celery Yogurt Fat Free Raspberry Vinaigrette Birthday Cake 7 | 26 Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5 |
| 29 Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing 6 | 30 Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Italian Dressing 7 | 31 Power Salad Raisins Wheat Bread Margarine Ranch Dressing 5 | 1 | 2*** The Numbers reflect the carb count for each meal. 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

Special Events

July 4:
AgeWell Closed

July 25: Birthday
Party



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