SALAD PLATE EXAMPLE-COUTESTY OF ALAMO SENIOR CENTER

Item Amount

Salad Mix 1cup

Chopped lettuce

Shredded carrots

Shredded purple cabbage

Cucumber 3 slices

Grape Tomato 3 halves

Purple Onion 1 slice

Bell Pepper 1 slice

Celery 1 stick

Carrot sick 1 stick

Hard Boiled Egg 1//2 of HB Egg

Grated Cheese 1 TBSP

Each Salad Plate will have one of the following:

Cottage Cheese 2 ounces

Tuna Salad 2 ounces

Chicken Salad 2 ounces

Roast Beef 2 ounces

Chicken Breast 2 ounces

Diced LS Ham 2 ounces

Each Soup/Salad meal is offered one serving

Chilled Fruit

SF Gelatin

SF Gelatin with fruit