

# SALAD SCHEDULE WEEK 4

## 1/31 SUNDAY

ASPARAGUS AND RED ONION SALAD WITH RADISH DRESSING (asparagus, lettuce, red onion, radish, mustard, garlic, vinegar, oil)

PEAR AND RAISIN SALAD (pears, apricots, raisins, honey, lemon juice, cinnamon)

## 2/1 MONDAY

SPINACH SALAD WITH ORANGE DRESSING (spinach, celery, carrot matchsticks, sliced mushrooms, orange dressing-orange juice, plain yogurt)

MOLDED CRUNCH SALAD (grapefruit sections, lemon gelatin, buttermilk, walnuts, celery, mandarin oranges)

## 2/2 TUESDAY

GREEN BEAN AND JICAMA SALAD (green beans, jicama, red onion, soy sauce, vinegar, honey)

CARROT RAISIN SALAD

## 2/3 WEDNESDAY

FRUITED GELATIN SALAD

***BUILD YOUR OWN CAESAR SALAD*** (romaine lettuce, Caesar dressing, crouton, parmesan cheese, chicken, bacon, cherry tomato)

## 2/4 THURSDAY

LIME VELVET SALAD (lime gelatin, cream cheese, pineapple, celery, cream, nuts)

CRUNCHY CHERRY TOMATO SALAD (cherry tomato, carrots, celery, green onion, oil, cider vinegar, brown sugar, celery seed, basil)

## 2/5 FRIDAY

WALDORF SALAD

BLUE CHEESE BLT

## 2/6 SATURDAY

PINA COLADA AMBROSIA (pineapple, mandarin oranges, banana, cream, coconut)

CHEESE AND CRACKERS