

May Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	2 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	3 ASIAN SEAFOOD SALAD 10gm BROCCOLI SALAD 10gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm
6 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	7 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm THREE BEAN SALAD 13gm CINNAMON APPLESAUCE 11gm WHOLE WHEAT CRACKERS 5gm	8 SPICY CHICKEN WRAP 23gm CORN AND BEAN SALAD 27gm CRUSHED PINEAPPLE 12gm	9 TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	10 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm
13 TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16gm	14 COLD CHINESE CHICKEN SALAD 32gm CALIFORNIA SALAD 12gm FRUIT COCKTAIL 12gm CHOW MEIN NOODLES 9gm	15 ROAST BEEF AND CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm	16 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm MANDARIN ORANGES 12gm CHOW MEIN NOODLES 9gm	17 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHEAT CRACKERS 5gm
20 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	21 CRAB SALAD ON GREENS 17gm WINTER BEAN SALAD 16gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	22 CREAMY CRAB AND DILL PASTA 27gm APPLESAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	23 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH PACKET	24 HONEY HAM AND CHEDDAR 48gm WHOLE WHEAT BUN AND LETUCE COLESLAW 9gm PEARS 9gm MUSTARD PACKET
27 CLOSED HAPPY MEMORIAL DAY	28 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm BLACK EYED PEA SALAD 16gm MANDARIN ORANGES 13gm WHOLE WHEAT BAGEL 33gm	29 ASIAN SEAFOOD SALAD 10gm CARROTS & RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	30 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CARROTS 5gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	31 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 13gm WHOLE GRAIN ROLL 35gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

