

April Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm FRUIT MUFFIN 16gm	2 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	3 CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	4 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm
7 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	8 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm CHOW MEIN NOODLES 9gm MANDARIN ORANGES 13gm	9 TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	10 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm	11 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM
14 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	15 TURKEY TWIST PASTA 20GM PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	16 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	17 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47 gm MAYO PACKET	18 <i>Good Friday</i> CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM
21 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM PEACHES 12gm CROUTONS 5GM	22 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	23 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm TROPICAL FRUIT 11GM CHOW MEIN NOODLES 9gm	24 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	25 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm
28 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	29 HONEY HAM & CHEDDAR 48gm WHEAT BUN & LEAF LETTUCE COLESLAW 9gm PEARS 9gm	30 CHICKEN CHEDDAR SALAD PEACHES 13gm THREE BEAN SALAD 13gm CROUTONS 5gm RANCH DRESSING PKT		



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.

