

January Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	31 CLOSED	1 CLOSED	2 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm FRUIT MUFFIN 16gm	3 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm
6 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	7 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	8 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35GM	9 ROAST BEEF & CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm	10 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm
13 TURKEY TWIST PASTA 20GM PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	14 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	15 CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	16 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	17 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm
20 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	21 EGG SALAD, GREENS, TOMATO BROCCOLI SALAD 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	22 TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	23 HONEY HAM & CHEDDAR 48gm WHEAT BUN & LEAF LETTUCE COLESLAW 9gm PEACHES 13gm	24 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM
27 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	28 CHICKEN CHEDDAR SALAD PEACHES 13gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH DRESSING PKT	29 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	30 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47 gm MAYO PACKET	31 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm



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.

