

# November Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT AND RAISIN SLAW 7gm FRUIT MUFFIN 16gm	<b>2</b> ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	<b>3</b> TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm
<b>6</b> HAM SALAD ON MIXED GREENS 14gm BROWN RICE & PEA SALAD 16gm PEARS 9gm WHOLE GRAIN ROLL 35gm	<b>7</b> CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	<b>8</b> TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	<b>9</b> SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm	<b>10</b> TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm
<b>13</b> ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	<b>14</b> CHEF SALAD WITH TURKEY EGG & TOMATO 3gm COTTAGE CHEESE 3gm MANDARIAN ORANGES 13 gm CROUTONS & RANCH PACKET	<b>15</b> HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm	<b>16</b> GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	<b>17</b> TURKEY BOWTIE PASTA SALAD 22gm PEARS 9gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm
<b>20</b> MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	<b>21</b> TUNA SALAD 12gm MIXED GREENS, EGGS GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE WHEAT CRACKERS 5gm	<b>22</b> THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	<b>23</b> Closed Happy Thanksgiving	
<b>27</b> CINNAMON CREAM CHEESE 8gm CRACKERS RED GRAPES 14gm PINEAPPLE TIDBITS 12gm BLACK EYED PEA SALAD 16gm	<b>28</b> TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	<b>29</b> EGG SALAD ON GREENS, TOMATO BROCCOLI SALAD 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	<b>30</b> VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKET	<b>24</b> Closed Happy Thanksgiving



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.

