

DECEMBER COLD MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	3 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	4 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	5 ASIAN SEAFOOD SALAD 10gm CARROT & RAISIN SLAW 7gm APPLE SAUCE 11GM WHOLE GRAIN ROLL 35gm	6 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm
9 ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm	10 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	11 CHICKEN CAESAR WRAP 32gm CUCUMBER SALAD 4gm RED GRAPES 13gm	12 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	13 CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
16 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM	17 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	18 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47 gm MAYO PACKET	19 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	20 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM MANDARIN ORANGES 13gm CROUTONS 5GM
23 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	CLOSED		26 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	27 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm
30 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	CLOSED			
		1 CLOSED		



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.

