

# February Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	<b>4</b> CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM PEACHES 12gm CROUTONS 5GM	<b>5</b> ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm TROPICAL FRUIT 11GM CHOW MEIN NOODLES 9gm	<b>6</b> TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm	<b>7</b> CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
<b>10</b> HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	<b>11</b> SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	<b>12</b> ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	<b>13</b> CHICKEN CHEDDAR SALAD PEACHES 13gm THREE BEAN SALAD 13gm CROUTONS 5gm RANCH DRESSING PKT	<b>14</b> TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm
<b>17</b> TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	<b>18</b> HONEY HAM & CHEDDAR 48gm WHEAT BUN & LEAF LETTUCE COLESLAW 9gm PEACHES 13gm	<b>19</b> CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	<b>20</b> TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	<b>21</b> PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm
<b>24</b> TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	<b>25</b> CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	<b>26</b> HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	<b>27</b> GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	<b>28</b> ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm



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.

