

March Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	4 TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	5 CHICKEN CAESAR WRAP 32gm CUCUMBER SALAD 4gm RED GRAPES 13gm	6 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	7 ASIAN SEAFOOD SALAD 10gm CARROT & RAISIN SLAW 7gm APPLE SAUCE 11GM WHOLE GRAIN ROLL 35gm
10 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	11 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM	12 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47 gm MAYO PACKET	13 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	14 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM MANDARIN ORANGES 13gm CROUTONS 5GM
17 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	18 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	19 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	20 CHICKEN CHEDDAR SALAD PEACHES 13gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH DRESSING PKT	21 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm
24 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	25 HONEY HAM & CHEDDAR 48gm WHEAT BUN & LEAF LETTUCE COLESLAW 9gm PEACHES 13gm	26 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	27 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	28 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm
31 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm TROPICAL FRUIT 11GM 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.

