

April Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 13gm WHOLE GRAIN ROLL 35gm	2 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH PACKET	3 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	4 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm CRUSHED PINEAPPLE 12gm WHOLE GRAIN ROLL 35gm	5 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm CROUTONS 5gm
8 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	9 PESTO CHICKEN PASTA 28gm MAR. TOMATOES AND ONIONS 38gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	10 TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	11 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	12 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
15 TUNA ROTINI PASTA SALAD 26gm WINTERBEAN SALAD 16gm PINEAPPLE TIDBITS 12gm FRUIT MUFFIN 16gm	16 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	17 MEDITERRANEAN TURKEY 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	18 GRILLED CHICKEN PASTA 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	19 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm
22 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CARROTS 5gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	23 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm DICED PEACHES 8gm CHOW MEIN NOODLES 9gm	24 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 47 gm MAYO PACKET	25 CRAB SALAD ON GREENS 17gm TOMATO AND EGG WEDGES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	26 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
29 HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI 5gm BLACK EYED PEA SALAD 16gm WHOLE GRAIN BAGEL 33 gm	30 CREAMY CRAB AND DILL PASTA 27gm STRAWBERRY YOGURT 10gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm			



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.

