

April Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI 5gm BLACK EYED PEA SALAD 16gm CRACKERS 5gm	4 GRILLED CHICKEN PASTA 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	5 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	6 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 13gm WHOLE GRAIN ROLL 35gm	7 Good Friday CREAMY CRAB AND DILL PASTA 27gm STRAWBERRY YOGURT 10gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
10 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	11 TURKEY TWIST PASTA SALAD 20gm FRUIT COCKTAIL 13gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	12 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	13 TUNA ROTINI PASTA SALAD 26gm WINTERBEAN SALAD 16gm PINEAPPLE TIDBITS 12gm FRUIT MUFFIN 16gm	14 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm CROUTONS 5gm
17 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES THREE BEAN SALAD 16gm CRUSHED PINEAPPLE WHOLE WHEAT CRACKERS 5gm	18 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	19 MEDITERRANEAN TURKEY 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	20 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	21 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm
24 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CARROTS 5gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	25 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm DICED PEACHES 8gm CHOW MEIN NOODLES 9gm	26 TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	27 HAM SALAD ON MIXED GREENS 14gm EGG & GRAPE TOMATO PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	28 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm RANCH PACKET



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.

