

June Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 GRILLED CHICKEN PASTA SALAD 15gm TROPICAL FRUIT 11gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	4 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	5 CRAB SALAD ON GREENS 17gm TOMATO & EGG WEDGE GARBANZO BEAN SALAD 23gm PEACHES & CREAM 12gm WHOLE GRAIN ROLL 35gm	6 CHICKEN CAESAR WRAP 32gm CUCUMBER SALAD 4gm RED FLAME GRAPES 14gm	7 HAM SALAD, MIXED GREENS 14gm EGG & GRAPE TOMATO PEARS 9gm WINTER BEAN SALAD 16gm WHOLE GRAIN ROLL 35gm
10 CREAMY CRAB AND DILL PASTA 27gm MARINATED CUCUMBERS 2gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	11 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA & RANCH PACKET	12 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	13 HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm	14 CHICKEN CHEDDAR SALAD TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm
17 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	18 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	19 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES PICKLED BEETS 4gm CRUSHED PINEAPPLE 12gm WHOLE GRAIN ROLL 35gm	20 EGG SALAD, GREENS, TOMATO BROCCOLI SALAD 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	21 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm
24 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	25 ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	26 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	27 TURKEY TWIST PASTA SALAD 20gm RED FLAME GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	28 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 12gm CROUTONS 5gm



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.

