

February Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 TURKEY BOWTIE PASTA SALAD 22gm BLUEBERRY YOGURT 9gm PEARS 9gm WHOLE GRAIN ROLL 35gm	2 ASIAN SEAFOOD SALAD 10gm CARROTS & RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	3 GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm
6 HAM SALAD ON MIXED GREENS 14gm EGG & GRAPE TOMATO DICED PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	7 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	8 HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEACHES 13gm	9 CREAMY CRAB AND DILL PASTA 27gm APPLESAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	10 COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm
13 TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	14 CHICKEN CAESAR WRAP 32gm CUCUMBER SALAD 4gm DICED APPLES 8gm	15 TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	16 ROAST BEEF AND CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm	17 CRAB SALAD ON GREENS 17gm TOMATO & EGG WEDGE GARBAMZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm
20 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm THREE BEAN SALAD 13gm CINNAMON APPLESAUCE 11gm WHOLE WHEAT CRACKERS 5gm	21 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT AND RAISIN SLAW 7gm FRUIT MUFFIN 16gm	22 LENT STARTS MEDITERRANEAN TURKEY SALAD 17 gm FRUIT COCKTAIL 13gm MOZZERELLA CHEESE 48 gm WHOLE GRAIN ROLL 35gm	23 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm PEARS 9gm WHOLE GRAIN ROLL 35gm	24 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKET
27 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	28 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm MARDARIN ORANGES 13gm 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.

