

# October Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm
<b>4</b> TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	<b>5</b> CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	<b>6</b> CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	<b>7</b> TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	<b>8</b> ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm
<b>11</b> ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	<b>12</b> TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	<b>13</b> HAM SALAD ON MIXED GREENS 14gm EGG & GRAPE TOMATO FRUIT COCKTAIL 13gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	<b>14</b> CREAMY CRAB AND DILL PASTA 27gm APPLE SAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	<b>15</b> CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm PEACH YOGURT 11 gm CROUTONS 5gm
<b>18</b> COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	<b>19</b> CRAB SALAD ON GREENS 17gm TOMATO & EGG WEDGE WINTER BEAN SALAD 16gm DICED PEACHES 8gm WHOLE GRAIN ROLL 35gm	<b>20</b> CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm	<b>21</b> TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE WHEAT CRACKERS 5gm	<b>22</b> CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm CROUTONS 5gm
<b>25</b> MEDITERRANEAN TURKEY 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	<b>26</b> ZESTY BEEF PASTA 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	<b>27</b> VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	<b>28</b> ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm FRUIT COCKTAIL 13gm CHOW MEIN NOODLES 9gm	<b>29</b> EGG SALAD ON GREENS GRAPE TOMATOES 9gm PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm

If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.



866-200-8877

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	<b>2</b> TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	<b>3</b> THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	<b>4</b> FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT AND RAISIN SLAW 7gm FRUIT MUFFIN 16gm	<b>5</b> TURKEY PESTO WRAP 19GM APPLE SAUCE 11gm MARINATED TOMATOES 2gm
<b>8</b> HAM SALAD ON MIXED GREENS 14gm BROWN RICE & PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	<b>9</b> CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	<b>10</b> TURKEY TWIST PASTA SALAD 20gm RED GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm	<b>11</b> SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm	<b>12</b> CINNAMON CREAM CHEESE 8gm CRACKERS RED GRAPES 14gm PINEAPPLE TIDBITS 12gm BLACK EYED PEA SALAD 16gm
<b>15</b> ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	<b>16</b> CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	<b>17</b> HONEY HAM AND CHEDDAR 48gm WHEAT BUN AND LEAF LETTUCE COLESLAW 9gm PEARS 9gm	<b>18</b> GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	<b>19</b> TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16gm
<b>22</b> MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	<b>23</b> TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHEAT CRACKERS 5gm	<b>24</b> ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	<b>25</b> <p style="text-align: center;">Closed Happy Thanksgiving</p>	<b>26</b> <p style="text-align: center;">Closed Happy Thanksgiving</p>
<b>29</b> VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKET	<b>30</b> TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm			

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