

January Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		CLOSED	1 CLOSED	2 EGG SALAD, GREENS, TOMATO BROCCOLI SALAD 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm
5 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	6 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	7 TURKEY PESTO WRAP 19GM PEACHES 12gm MARINATED TOMATOES 2gm	8 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35GM	9 CREAMY CRAB AND DILL PASTA 27GM APPLE SAUCE 11GM MARINATED CUCUMBERS 2GM WHOLE GRAIN ROLL 35GM
12 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	13 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	14 HONEY HAM AND CHEDDAR 48GM WHEAT BUN AND LEAF LETTUCE COLESLAW 9GM PEARS 9GM MUSTARD PACKET	15 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	16 COLD CHINESE CHICKEN SALAD 32gm MARIN. CALIFORNIA SALAD 12gm TROPICAL FRUIT 11GM CHOW MEIN NOODLES 9gm
19 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM THREE BEAN SALAD 13GM APPLE SAUCE 11GM CROUTONS 5GM	20 ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm	21 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	22 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	23 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm TROPICAL FRUIT 11GM CHOW MEIN NOODLES 9gm
26 TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	27 CHICKEN CHEDDAR SALAD PEACHES 13gm THREE BEAN SALAD 13gm CROUTONS 5gm RANCH DRESSING PKT	28 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	29 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	30 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 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.

