

May Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm
4 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	5 ASIAN SEAFOOD SALAD 10gm CARROT & RAISIN SLAW 7gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	6 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	7 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	8 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM
11 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	12 CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	13 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN BUN 47gm MAYO PACKET	14 ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	15 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM APPLE SAUCE 11GM WHOLE WHEAT CRACKERS 35GM
18 TUNA ROTINI PASTA SALAD 26GM WINTERBEAN SALAD 16GM STRAWBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM	19 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	20 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm TROPICAL FRUIT 11GM	21 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	22 PEPPERONI PASTA SALAD 27GM COTTAGE CHEESE 3GM TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35GM
25 MEMORIAL DAY <div style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</div>	26 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	27 CHICKEN CHEDDAR SALAD PEACHES 13gm THREE BEAN SALAD 13gm CROUTONS 5gm RANCH DRESSING PKT	28 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM MANDARIAN ORANGES 13GM CROUTONS 5GM	29 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm

