

October COLD Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CREAMY CRAB & DILL PASTA 27gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	2 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm PEARS 9gm WHOLE GRAIN BUN 47 gm MAYO PACKET
5 HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	6 ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm	7 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM PEACHES 12gm CROUTONS 5GM	8 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm TROPICAL FRUIT 11GM CHOW MEIN NOODLES 9gm	9 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm
12 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	13 TUNA ROTINI PASTA SALAD 26gm MAR. TOMATOES & ONION 3gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	14 TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm	15 HAM SALAD 14GM BROWN RICE AND PEA SALAD 16GM PEACHES 12gm WHOLE GRAIN ROLL 35GM	16 CHICKEN CHEDDAR SALAD PEACHES 13gm THREE BEAN SALAD 13gm CROUTONS 5gm RANCH DRESSING PKT
19 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	20 HAM SALAD ON MIXED GREENS 14GM BROWN RICE AND PEA SALAD 16GM TROPICAL FRUIT 11GM WHOLE GRAIN ROLL 35GM	21 TURKEY TWIST PASTA 20GM RED FLAME GRAPES 14GM MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	22 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	23 TURKEY BOWTIE PASTA 22GM CRUSHED PINEAPPLE 12GM BLUEBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM
26 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	27 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 13gm MOZZARELLA CHEESE 48gm WHOLE GRAIN ROLL 35gm	28 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHOLE GRAIN ROLL 35gm	29 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9GM ZUCCHINI SLAW 7GM MANDARIN ORANGES 12gm WHOLE WHEAT CRACKERS 35GM	30 ASIAN SEAFOOD SALAD 10gm CARROT & RAISIN SLAW 7gm APPLE SAUCE 11GM 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.

