

August Congregate Cold Menu



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 CHICKEN PESTO PASTA SALAD ITALIAN WEDDING SOUP FRUIT COCKTAIL WHOLE GRAIN ROLL</p>	<p>2 HONEY HAM AND CHEDDAR WHEAT BUN, LEAF LETTUCE POTATO SALAD PEARS</p>	<p>3 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL</p>	<p>4 CRAB AND DILL PASTA SALAD CAULIFLOWER SALAD MARINATED TOMATOES BANANA NUT CRUMB MUFFIN</p>
<p>7 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CRISPY RICE NOODLES</p>	<p>8 ASIAN SEAFOOD SALAD CREAMY POTATO SOUP MIXED FRUIT WHOLE GRAIN ROLL</p>	<p>9 ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL</p>	<p>10 ROAST BEEF AND CHEESE HAMBURGER BUN WITH LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE</p>	<p>11 HAM SALAD ON MIXED GREENS EGG AND TOMATO WEDGES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL</p>
<p>14 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS</p>	<p>15 FRESH CUT VEGETABLES HERBED CREAM CHEESE CORN AND PEPPER CHOWDER CARROT RAISIN SLAW FRUIT MUFFIN</p>	<p>16 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS</p>	<p>17 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL</p>	<p>18 CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL</p>
<p>21 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL</p>	<p>22 TURKEY TWIST PASTA SALAD PEARS CREAMY TOMATO SOUP WHOLE GRAIN ROLL</p>	<p>23 EGG SALAD ON GREENS W/ TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL</p>	<p>24 CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS</p>	<p>25 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN</p>
<p>28 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES</p>	<p>29 CRAB AND DILL PASTA SALAD APPLESAUCE BLACK BEAN SOUP WHOLE GRAIN ROLL</p>	<p>30 TUNA SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS CRUSHED PINEAPPLE WHEAT CRACKERS</p>	<p>31 CHICKEN CHEDDAR SALAD TROPICAL FRUIT PEACH YOGURT APPLE SPICE MUFFIN</p>	

Senior Services



Southwest Michigan

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.