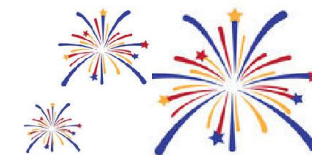
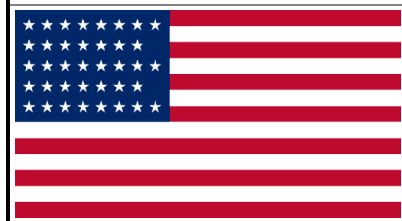




# JULY CONGREGATE COLD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> HAM SALAD ON MIXED GREENS EGG AND GRAPE TOMATOES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL	<b>3</b> CHICKEN PESTO PASTA SALAD FRUIT COCKTAIL ITALIAN WEDDING SOUP WHOLE GRAIN ROLL	<b>4</b>	<b>5</b> CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS WHOLE GRAIN ROLL	<b>6</b> TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL 
<b>9</b> COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES 	<b>10</b> CHICKEN CAESAR WRAP RED GRAPES CREAMY POTATO CHOWDER	<b>11</b> ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	<b>12</b> ROAST BEEF AND CHEESE HAMBURGER BUN WITH LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE AND TOMATO	<b>13</b> ASIAN SEAFOOD SALAD CARROT AND RAISIN SLAW MIXED FRUIT WHOLE GRAIN ROLL
<b>16</b> CHICKEN SALAD ON LEAF LETTUCE CANELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	<b>17</b> FRESH CUT VEGETABLES HERBED CREAM CHEESE CARROT RAISIN SLAW CORN AND PEPPER CHOWDER FRUIT MUFFIN	<b>18</b> VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS	<b>19</b> MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	<b>20</b> CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL 
<b>23</b> ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	<b>24</b> TURKEY TWIST PASTA SALAD PEARS CREAMY TOMATO SOUP WHOLE GRAIN ROLL	<b>25</b> CHEF SALAD WITH TURKEY, EGGS AND TOMATO COTTAGE CHEESE MANDARIN ORANGES CROUTONS	<b>26</b> TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN 	<b>27</b> EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
<b>30</b> ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	<b>31</b> CRAB AND DILL PASTA SALAD APPLESAUCE BLACK BEAN SOUP WHOLE GRAIN ROLL			



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.

