



# DECEMBER CONGREGATE COLD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
<b>4</b> WHOLE WHEAT BAGEL HONEY CINNAMON RED FLAME GRAPES BLACK EYED PEA SALAD	<b>5</b> CHICKEN PESTO PASTA SALAD ITALIAN WEDDING SOUP FRUIT COCKTAIL WHOLE GRAIN ROLL	<b>6</b> HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE POTATO SALAD PEARS	<b>7</b> MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	<b>8</b> TURKEY PESTO WRAP APPLE SAUCE MARINATED TOMATOES
<b>11</b> COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	<b>12</b> THAI BEEF SALAD BROCCOLI CHEDDAR SOUP PEARS WHOLE GRAIN ROLL	<b>13</b> <i>Chanukah</i> ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	<b>14</b> ROAST BEEF AND CHEESE WHEAT BUN AND LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE	<b>15</b> HAM SALAD ON MIXED GREENS EGG AND TOMATO WEDGES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL
<b>18</b> CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	<b>19</b> TURKEY TWIST PASTA SALAD PEARS MUSHROOM BARLEY SOUP WHOLE GRAIN ROLL	<b>20</b> VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS	<b>21</b> <i>Dec. Solstice</i> TURKEY AND SWISS WHEAT BUN AND LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS MAYO PKT	<b>22</b> <i>Closed</i>
<b>25</b> <i>Christmas Day Closed</i>	<b>26</b> <i>Kwanzaa begins</i> HERBED CREAM CHEESE BROCCOLI AND CAULIFLOWER MANDARIN ORANGES CREAMY TOMATO SOUP WHOLE WHEAT BAGEL	<b>27</b> EGG SALAD ON GREENS W/ TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL	<b>28</b> CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS	<b>29</b> <i>Closed</i>
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.				