

August Food For All Cold Meal Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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

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.