






Meals on Wheels Cold Meal June Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
									
5 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES		6 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS*** WHOLE GRAIN ROLL		7 CRAB SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS WHEAT CRACKERS		8 CHICKEN CHEDDAR SALAD TROPICAL FRUIT VANILLA YOGURT APPLE SPICE MUFFIN		9 GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL	
12 ISLAND CRAB PASTA SALAD FRUIT YOGURT W/ GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL		13 PEPPERONI PASTA LEAF LETTUCE COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL		14 <i>Flag Day</i> TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL		15 TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL		16 TURKEY TWIST PASTA SALAD ON LEAF LETTUCE RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL	
19 WHOLE WHEAT BAGEL VEGETABLE CREAM CHEESE MANDARIN ORANGES BLACK EYED PEA SALAD		20 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL		21 <i>June Solstice</i> HONEY HAM AND CHEDDAR WHEAT BREAD, LEAF LETTUCE POTATO SALAD PEARS		22 TURKEY AND SWISS ON WHOLE GRAIN RYE BREAD LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS		23 CRAB AND DILL PASTA SALAD ON LEAF LETTUCE CAULIFLOWER SALAD MARINATED TOMATOES BANANA NUT CRUMB MUFFIN	
26 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CRISPY RICE NOODLES		27 ASIAN SEAFOOD SALAD CAULIFLOWER SALAD**** MIXED FRUIT WHOLE GRAIN ROLL		28 ROTINI AND TUNA PASTA SALAD LEAF LETTUCE STRAWBERRY YOGURT BROCCOLI SALAD WHOLE GRAIN ROLL		29 ROAST BEEF AND CHEESE ON RYE BREAD WITH LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE		30 HAM SALAD ON MIXED GREENS EGG AND TOMATO WEDGES PEARS BROCCOLI SALAD 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.

