

# August Meals on Wheels Cold Meal Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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

**Senior Services**



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.