




# October Meals on Wheels Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	<b>3</b> TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	<b>4</b> EGG SALAD ON GREENS W/ TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL	<b>5</b> CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS	<b>6</b> TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN
<b>9</b> <i>Columbus Day</i> ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	<b>10</b> CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS*** WHOLE GRAIN ROLL	<b>11</b> SPICY CHICKEN WRAP ON LAWASH BREAD THREE BEAN SALAD CRUSHED PINEAPPLE	<b>12</b> CHICKEN CHEDDAR SALAD TROPICAL FRUIT VANILLA YOGURT APPLE SPICE MUFFIN RANCH DRESSING PKT	<b>13</b> GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL
<b>16</b> ISLAND CRAB PASTA SALAD FRUIT YOGURT W/ GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL	<b>17</b> PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL	<b>18</b> TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	<b>19</b> TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	<b>20</b> TURKEY AND SWISS ON WHEAT BUN LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS
<b>23</b> WHOLE WHEAT BAGEL VEGETABLE CREAM CHEESE BABY CARROTS MANDARIN ORANGES BLACK EYED PEA SALAD	<b>24</b> <i>United Nations Day</i> CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	<b>25</b> HONEY HAM AND CHEDDAR WHEAT BUN, LEAF LETTUCE POTATO SALAD PEARS	<b>26</b> TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL	<b>27</b> CRAB AND DILL PASTA SALAD CAULIFLOWER SALAD MARINATED TOMATOES BANANA NUT CRUMB MUFFIN
<b>30</b> COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CRISPY RICE NOODLES	<b>31</b> <i>Halloween</i> ASIAN SEAFOOD SALAD CARROT AND RAISIN*** MIXED FRUIT 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.

## Senior Services



Southwest Michigan