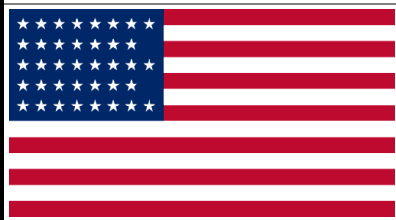




JULY MEALS ON WHEELS COLD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAM SALAD ON MIXED GREENS EGG AND GRAPE TOMATOES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL	3 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	4 <small>Frozen Meals</small> HERB BAKED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WHOLE GRAIN ROLL	5 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS WHOLE GRAIN ROLL	6 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
9 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	10 CHICKEN CAESAR WRAP CUCUMBER SALAD*** RED GRAPES	11 ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	12 ROAST BEEF AND CHEESE HAMBURGER BUN WITH LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE AND TOMATO	13 ASIAN SEAFOOD SALAD CARROT AND RAISIN SLAW MIXED FRUIT WHOLE GRAIN ROLL
16 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	17 FRESH CUT VEGETABLES HERBED CREAM CHEESE BOILED EGG *** CARROT RAISIN SLAW FRUIT MUFFIN	18 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS	19 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	20 CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL
23 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	24 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	25 CHEF SALAD WITH TURKEY, EGGS AND TOMATO COTTAGE CHEESE MANDARIN ORANGES CROUTONS	26 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN	27 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
30 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	31 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS*** 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.

