


May Meals on Wheels Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	2 CHEF SALAD WITH TURKEY, EGGS AND TOMATO COTTAGE CHEESE MANDARIN ORANGES CROUTONS	3 TUNA ROTINI PASTA BROCCOLI SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN	4 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
7 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	8 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS*** WHOLE GRAIN ROLL	9 TUNA SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS CRUSHED PINEAPPLE WHEAT CRACKERS	10 CHICKEN CHEDDAR SALAD TROPICAL FRUIT PEACH YOGURT APPLE SPICE MUFFIN	11 HONEY CINNAMON CREAM CHEESE RED GRAPES BROCCOLI SALAD GRAHAM CRACKERS
14 ISLAND CRAB PASTA FRUIT YOGURT WITH GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL	15 PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL	16 <small>Ramadan begins</small> TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	17 CRAB SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	18 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
21 ROASTED GARLIC AND HERB SPREAD BROCCOLI AND CAULIFLOWER APPLESAUCE HARD BOILED EGG WHOLE WHEAT CRACKERS	22 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	23 HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE COLESLAW PEARS	24 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	25 TURKEY PESTO WRAP APPLE SAUCE MARINATED TOMATOES
28 <small>Memorial Day</small> COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	29 THAI BEEF SALAD CITRUS CABBAGE SLAW*** PEARS WHOLE GRAIN ROLL	30 ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	31 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL 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.

