



January Congregate Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 New Year's Day Closed	2 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	3 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS	4 CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL
7 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	8 TURKEY TWIST PASTA SALAD PEARS CORN AND PEPPER CHOWDER WHOLE GRAIN ROLL	9 CHEF SALAD WITH TURKEY, EGGS AND TOMATO COTTAGE CHEESE MANDARIN ORANGES CROUTONS	10 TUNA ROTINI PASTA WINTERBEAN SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN	11 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
14 ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	15 HAM AND CHEDDAR LEAF LETTUCE AND MAYO PEARS CREAMY TOMATO SOUP WHEAT HAMBURGER BUN	16 TUNA SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS CRUSHED PINEAPPLE WHEAT CRACKERS	17 CHICKEN CHEDDAR SALAD TROPICAL FRUIT PEACH YOGURT APPLE SPICE MUFFIN	18 HONEY CINNAMON CREAM CHEESE RED GRAPES BROCCOLI SALAD WHOLE WHEAT BAGEL
21 ML King Day ISLAND CRAB PASTA FRUIT YOGURT WITH GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL	22 PEPPERONI PASTA BLACK BEAN SOUP APPLESAUCE WHOLE GRAIN ROLL	23 TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	24 CRAB SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	25 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
28 ROASTED GARLIC AND HERB SPREAD BROCCOLI AND CAULIFLOWER APPLESAUCE HARD BOILED EGG WHOLE WHEAT CRACKERS	29 CHICKEN PESTO PASTA SALAD CHICKEN AND WILD RICE FRUIT COCKTAIL WHOLE GRAIN ROLL	30 HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE COLESLAW PEARS	31 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES 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.

