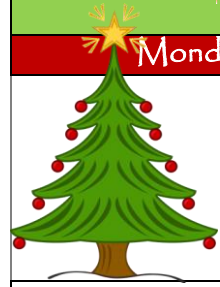


December Cold Menu








Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	2 CREAMY CRAB AND DILL PASTA 34gm STRAWBERRY YOGURT 9gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	3 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	4 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLES 12gm	
7 Pearl Harbor Remembrance Day PEPPERONI PASTA 14gm COTTAGE CHEESE 3gm APPLESAUCE 13gm WHOLE GRAIN ROLL 35gm	8 COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 12gm CHOW MEIN NOODLES 9gm	9 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	10 Hanukkah TURKEY PESTO WRAP 18gm APPLESAUCE 11gm MARINATED TOMATOES 2gm	11 HAM SALAD ON GREENS 14gm BROWN RICE AND PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm
14 VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS	15 TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	16 CRAB SALAD ON GREENS 17gm WINTER BEAN SALAD 16gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	17 TURKEY AND SWISS 47gm LETTUCE, MAYO, AND WHEAT BUN MANDARIN ORANGES 13gm CREAMY MACARONI SALAD 15gm	18 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm CINNAMON APPLESAUCE 11gm WHOLE WHEAT CRACKERS 5gm
21 CHEF SALAD WITH TURKEY, EGGS AND TOMATO 3gm COTTAGE CHEESE 3gm SLICED PEACHES 13gm CROUTONS 5gm	22 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	23 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	24 Christmas Eve Closed	25 Christmas Day Happy Holidays
28 HERBED CREAM CHEESE 2gm BROCCOLI AND BABY CARROTS 5gm PINEAPPLE TIDBIT 12gm BLACK EYED PEA SALAD 16gm WHOLE WHEAT BAGEL 33gm	29 EGG SALAD ON MIXED GREENS GRAPE TOMATOES 9gm PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	30 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm	31 New Years Eve Happy New Years Closed	
	If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. 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.			<p>866-200-8877</p>



January Cold Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED HAPPY NEW YEAR!
4 TURKEY BOWTIE PASTA 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	5 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	6 SPICY CHICKEN WRAP 23gm ON LAWASH BREAD THREE BEAN SALAD 13gm CRUSHED PINAPPLE 12gm	7 ROAST BEEF AND CHEESE WHOLE WHEAT BUN 48gm LEAF LETTUCE MANDARIN ORANGES 13gm PICKLEED BEETS 4gm	8 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm
11 TUNA SALAD ON GREENS 12gm EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD 4gm PINEAPPLE TIDBITS 12gm WHOLE WHEAT CRACKERS 5gm	12 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm	13 HAM SALAD ON GREENS 14gm EGG AND GRAPE TOMATOES 3gm PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm	14 HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	15 GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 12gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm
18 <i>Martin Luther King Day</i> TURKEY TWIST PASTA SALAD 20 gm RED FLAME GRAPES 14gm CORN AND BLACK BEAN SALAD 27gm WHOLE GRAIN ROLL 25gm WHOLE WHEAT BUN 47gm	19 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONIONS 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	20 HONEY HAM AND CHEDDAR LEAF LETTUCE COLESLAW 9gm PEARS 9gm WHOLE WHEAT BUN 47gm	21 ROTINI AND TUNA PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	22 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm MANDARIN ORANGES 12gm CHOW MEIN NOODLES 9gm
25 CRAB AND DILL PASTA 34gm APPLESAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	26 COLD CHINESE CHICKEN SALAD 32g MARINATED CALIFORNIA SALAD 12g MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	27 ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm	28 CHICKEN CAESAR WRAP 18gm CUCUMBER SALAD 4gm RED GRAPES 14gm	29 TURKEY AND SWISS LEAF LETTUCE HAMBURGER BUN 27gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm
	The amount of carbohytrates are listed for each item on the menu for your convenience. If you are not going to be home for you meal, please call us in advance. 269-382-0515 Kalamazoo: Ext. 300 Calhoun: Ext. 350			Senior Services 