








April Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 April Fools Day</p> <p>GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm</p>	<p>2 Good Friday</p> <p>ROTINI AND TUNA PASTA SALAD 26gm CAULIFLOWER SALAD 12gm STRAWBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm</p>
<p>5</p> <p>COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm</p>	<p>6</p> <p>PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm</p>	<p>7</p> <p>TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLES 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm</p>	<p>8</p> <p>ROAST BEEF AND CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm</p>	<p>9</p> <p>ASIAN SEAFOOD SALAD 10gm CARROT AND RAISIN SLAW 7gm MIXED FRUIT 11gm WHOLE GRAIN ROLL 35gm</p>
<p>12</p> <p>TUNA ROTINI PASTA SALAD 26gm WINTER BEAN SALAD 16gm PINEAPPLE TIDBITS 12gm FRUIT MUFFIN 16gm</p>	<p>13</p> <p>TURKEY TWIST PASTA SALAD 20gm RED FLAME GRAPES 14gm CORN AND BEAN SALAD 27gm WHOLE GRAIN ROLL 35gm</p>	<p>14</p> <p>HAM SALAD ON MIXED GREENS 14gm EGG & GRAPE TOMATO PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm</p>	<p>15</p> <p>CREAMY CRAB AND DILL PASTA 27gm APPLE SAUCE 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm</p>	<p>16</p> <p>CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES AND ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm</p>
<p>19</p> <p>HONEY CINNAMON CREAM CHEESE 8gm RED FLAME GRAPES 14gm BLACK EYED PEA SALAD 16gm MANDARIN ORANGES 12gm WHOLE WHEAT BAGEL 33gm</p>	<p>20</p> <p>TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES PICKLED BEETS 4gm CRUSHED PINEAPPLE 12gm WHOLE WHEAT CRACKERS 5gm</p>	<p>21</p> <p>VEGETARIAN TACO SALAD 29gm COTTAGE CHEESE 3gm RED FLAME GRAPES 14gm TORTILLA CHIPS 20gm SALSA AND RANCH PACKETS</p>	<p>22</p> <p>HAM AND CHEDDAR LEAF LETTUCE & MAYO CREAMY COLESLAW 9gm PEARS 9gm WHOLE GRAIN BUN 48gm</p>	<p>23</p> <p>CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 5gm</p>
<p>26</p> <p>MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm</p>	<p>27</p> <p>ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm</p>	<p>28</p> <p>CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 12gm CROUTONS 5gm</p>	<p>29</p> <p>ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm FRUIT COCKTAIL 13gm CHOW MEIN NOODLES 9gm</p>	<p>30</p> <p>EGG SALAD ON MIXED GREENS GRAPE TOMATOES 9gm PEARS 9gm BROCCOLI SALAD 10gm WHOLE GRAIN ROLL 35gm</p>
	<p>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>			<p>Senior Services</p>  <p>Southwest Michigan</p> <p>866-200-8877</p>



May Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
3 COLD CHINESE CHICKEN SALAD 32gm MARINATED CALIFORNIA SALAD 12gm MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9gm	4 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35gm	5 TURKEY PESTO WRAP 19GM CINNAMON APPLE SAUCE 11gm MARINATED TOMATOES 2gm	6 GRILLED CHICKEN PASTA SALAD 15gm MANDARIN ORANGES 13gm KIDNEY BEAN SALAD 21gm WHOLE GRAIN ROLL 35gm	7 EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER 5gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	
10 CRAB SALAD ON GREENS 17gm WINTER BEAN SALAD 16gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	11 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm APPLESAUCE 11gm WHOLE GRAIN ROLL 35gm	12 TURKEY TWIST PASTA SALAD 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	13 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm CRUSHED PINEAPPLE 12gm	14 FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm BLACK EYED PEA SALAD 16gm MANDARIN ORANGES 13gm WHOLE WHEAT BAGEL 33gm	
17 ZESTY BEEF PASTA SALAD 12gm MARINATED CUCUMBERS 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	18 CHEF SALAD WITH TURKEY, EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm PEACHES 13gm CROUTONS 5gm	19 HAM SALAD ON GREENS 14gm BROWN RICE AND PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	20 TURKEY AND SWISS LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 12gm WHOLE GRAIN BUN 47 gm MAYO PACKET	21 TUNA ROTINI PASTA SALAD 26gm BROCCOLI SALAD 10gm STRAWBERRY YOGURT 9gm FRUIT MUFFIN 16gm	
24 MEDITERRANEAN TURKEY SALAD 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm	25 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PINEAPPLE TIDBITS 12gm WHEAT CRACKERS 5gm	26 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	27 CHICKEN CHEDDAR SALAD 5gm TROPICAL FRUIT 11gm PEACH YOGURT 11 gm CROUTONS 5gm	28 HONEY CINNAMON CREAM CHEESE 8gm RED GRAPES 14gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	
31 <p style="text-align: center;">Happy Memorial Day Closed</p>					
	<p>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>			<p>Senior Services Southwest Michigan 866-200-8877</p>	