




FEBRUARY 2012 CONGREGATE LITE LUNCH MEAL

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 CHICKEN CHEDDAR SALAD WITH HERBED CROUTONS FRESH BAKED ROLL 100% APPLE JUICE CARROT AND CELERY STICKS		2 Groundhog Day HAM AND CHEESE ON A PLAIN BAGEL RANCH MACARONI SALAD PEACH AND PEAR MIX SHREDDED LETTUCE		3 TUNA SALAD WHOLE WHEAT BREAD MARINATED TOMATOES BROCCOLI SALAD 100% WHITE GRAPE JUICE	
		6 TURKEY AND SWISS SANDWICH ON WHEAT BREAD CAULIFLOWER SALAD BANANA TOMATO JUICE		7 Valentines meal STRAWBERRY YOGURT MAPLE GRANOLA PEACHES PEPPERONI SALAD**** FRESH BAKED ROLL		8 GARDEN CHEF SALAD W/TURKEY MIXED FRUIT FRESH BAKED ROLL HERB CROUTONS 100% ORANGE PINEAPPLE JUICE		9 ALL WHITE MEAT CHICKEN SALAD ON WHEAT BREAD CREAMY MACARONI SALAD 100% APPLE JUICE THREE BEAN SALAD	
13 CHICKEN PASTA SALAD WITH GRILLED CHICKEN COTTAGE CHEESE FRESH NAVEL ORANGE FRESH OATMEAL ROLL		14 Valentines Day TURKEY TWIST PASTA SALAD RED FLAME GRAPES MARINATED CUCUMBERS***** CELERY AND CARROT STICKS 0		15 FRESH GARDEN CHEF SALAD WITH TOMATO WEDGES AND EGGS MANDARIN ORANGES BANANA NUT MUFFIN RANCH DRESSING PACKET		16 EGG SALAD WHOLE WHEAT BREAD FRESH WHOLE GRAIN ROLL MACARONI SALAD BANANA		17 ASIAN SEAFOOD SALAD FRESH OATMEAL ROLL CAULIFLOWER SALAD CINNAMON APPLESAUCE	
20 President's Day HOMEMADE MEATLOAF ON WHITE BREAD BLACK BEAN AND CORN SALAD CREAMY COLESLAW 100% APPLE JUICE		21 CREAMY CRAB PASTA SHELLS BROWN RICE AND PEA SALAD MARINATED TOMATOES***** BANANA MUFFIN 100% GRAPE JUICE		22 TURKEY SALAD ON WHEAT BREAD 100% TANGERINE JUICE FRESH ZUCCHINI SALAD DICED PEARS		23 CHICKEN CHEDDAR SALAD APPLE SPICE MUFFIN BROCCOLI SALAD BANANA		24 PLAIN BAGEL HONEY CINN. CREAM CHEESE STRAWBERRY VANNILLA YOGURT MAPLE GRANOLA 100% TANGERINE JUICE	
27 ISLAND CRAB SALAD PEA AND ONION SALAD FRESH ORANGE FRESH BAKED WHOLE WHEAT ROLL 0		28 COTTAGE CHEESE ICEBURG LETTUCE W/TOMATO***** CRUSHED PINEAPPLE FRESH APPLESPICE MUFFIN BANANA		29 BLUEBERRY YOGURT MAPLE GRANOLA PEACHES PEPPERONI SALAD FRESH BAKED WH. GRAIN ROLL					
		<p style="text-align: center;"> All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings". All menus are trans fat free. Menus Subject to change </p>							