




April Food For All Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 GRILLED CHICKEN PASTA SALAD MANDARIN ORANGES KIDNEY BEAN SALAD WHOLE GRAIN ROLL	3 PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL	4 TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	5 TURKEY AND SWISS ON WHOLE WHEAT BUN LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS	6 TUNA SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL
9 HAM SALAD ON MIXED GREENS EGG AND GRAPE TOMATOES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL	10 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	11 HONEY HAM AND CHEDDAR LEAF LETTUCE COLESLAW PEARS WHOLE WHEAT BUN	12 CRAB AND DILL PASTA SALAD APPLESAUCE MARINATED CUCUMBERS WHOLE GRAIN ROLL	13 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
16 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	17 Taxes Due CHICKEN CAESAR WRAP CUCUMBER SALAD*** RED GRAPES	18 ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	19 ROAST BEEF AND CHEESE HAMBURGER BUN WITH LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE	20 ASIAN SEAFOOD SALAD CARROT AND RAISIN SLAW MIXED FRUIT WHOLE GRAIN ROLL
23 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	24 FRESH CUT VEGETABLES HERBED CREAM CHEESE BOILED EGG *** CARROT RAISIN SLAW FRUIT MUFFIN	25 Admin Assist Day VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SA AND RANCH PACKETS	26 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	27 CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL
30 ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL				

Senior Services



Southwest Michigan

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.