


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| <h2>SAMPLE COLD MENU</h2> | | Marinated Chicken Sandwich WW Bun Garbanzo Bean Salad Melon | SW Chicken Salad Black Bean Salad Diced Pears Italian Dressing LS | Tuna Salad Sandwich WW Sub Roll Cucumber Salad Fruited Jello Banana | Zesty Chk Spinach Salad Italian Pasta Salad Fresh Grapes Ranch Dressing LS | Asian Chicken Salad Asian Pasta Salad Melon Italian Dressing LS |
| | | Sliced Turkey Swiss WW Sub Roll Cucumber Salad Mandarin Oranges Mayo Packet | Chicken Pasta Salad Broccoli Cranberry Salad Pineapple | Chicken Parmesan Salad Festive Italian Pasta Salad Fresh Grapes LS Italian Dressing | Tuna Salad Sandwich Creamy Fruit Salad Garden Tomato Salad WW Bread | Chef Salad Macaroni Salad Diced Peaches French Dressing LS |
| Roast Beef & Swiss WW Sub Roll Mandarin Oranges Sweet & Sour Slaw Mayo Packet | Turkey Pasta Salad Garbanzo Bean Salad Diced Peaches | Chk Bacon Ranch Pasta Salad Grape Tomatoes Fresh Grapes | Chicken Salad Sandwich WW bread Applesauce Fresh Broccoli | Asian Chicken Salad Asain Pasta Salad Fruited Jello Italian Dressing LS | Taco Salad Mex Bean&Rice Diced Pears Salsa Cup | Hard Boiled Eggs Quinoa Vegetable Salad Fruit Salad Zucchini muffin |
| Club Sandwich WW Bread Cucumber Salad Tropical Fruit Salad Mayo Packet | Tuna Pasta Salad Creamy Fruit Salad Grape Tomatoes | Chef Salad Macaroni Salad Fresh Grapes French Dressing LS | Egg Salad Sandwich Sandwich Thin Cucumber slices Aloha Slaw | Roast Beef & Swiss Sweet & Sour Slaw Diced Peaches Sandwich Thin Mayo Packet | SW Chicken Salad SW Pasta Salad Diced Pears Italian Dressing LS | Sliced Turkey Sandwich Cheddar Cheese Sandwich Thin Fresh Broccoli Dried Plums Mayo Packet |
| Chicken Pasta Salad Broccoli Cranberry Salad Pineapple | Ham Sandwich Swiss Cheese WW Sub Roll Grape Tomatoes Aloha Slaw Mayo Packet | Chicken Parmesan Salad Italian Pasta Salad Fresh Grapes LS Italian Dressing | Sliced Turkey Cheddar Cheese WW Sub Roll Cucumber Slices Mandarin Oranges Mayo Packet | <h2>SAMPLE COLD MENU 2022</h2> <p>All Meals Can include Milk</p> | | |