

February 2012 Hot Meal, Salad & Sandwich Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1 Soup & Salad Bar No Reservations Required Soups: Stuffed Green Pepper and Broccoli Cheddar Caesar Salad Grilled chicken, parmesan cheese, croutons, cucumbers, tomatoes and red onion over romaine lettuce topped with Caesar dressing Apple</p>	<p>2 Hot Menu Ziti pasta with sauce, broccoli and squash, garlic bread, ambrosia, crispy rice bar Salad Apple almond salad with raspberry vinaigrette dressing, banana bread, orange juice Sandwich Ham, apple and Swiss sandwich, 3-bean salad, creamy fruit salad, fresh orange</p>	<p>3 Soup & Salad Bar No Reservations Required Soups: Chicken Noodle and Boston Clam Chowder Pomegranate Berry Salad Strawberries, parmesan and cheddar cheese, cucumbers, chicken, celery, tomatoes and croutons over mixed greens topped with a pomegranate berry dressing Cinnamon apple muffin</p>	
	<p>6 Hot Menu Chicken stir fry with rice, sweet corn, beets, roll, fortune cookie, Fig Newtons, banana Salad Buffalo chicken with light ranch dressing, blueberry bread, apple Sandwich Pizza sub, raisin box, peaches</p>	<p>7 Soup & Salad Bar No Reservations Required Soups: Stuffed Green Pepper and Cream of Potato Mediterranean Salad Marinated artichokes, feta cheese, diced tomatoes, carrots, cucumbers, red onions and croutons over romaine lettuce topped with Greek dressing Fruited gelatin</p>	<p>8 Soup & Salad Bar No Reservations Required Soups: Minestrone and Chicken and Dumpling Greek Salad Feta cheese, diced tomatoes, black olives, pepperoni and red onion over romaine lettuce with Greek dressing Roll</p>	<p>9 Hot Menu Roast beef with mashed potatoes and gravy, lima beans, mixed vegetables, wheat bread, fruit crisp Salad Calypso salad with mango chardonnay dressing, cinnamon apple muffin, pears Sandwich Hawaiian ham sandwich, raisin box, pears, banana dessert</p>	<p>10 Soup & Salad Bar No Reservations Required Soups: Garden Vegetable and Timberline Chili Southwestern Salad Fajita chicken, croutons, cucumbers, tomatoes, corn and cheddar cheese on romaine lettuce topped with sour cream and taco sauce Peaches</p>	
	<p>13 Hot Menu Chicken thigh, baked potato, green beans, mandarin oranges, wheat bread Salad Cottage cheese plate, poppyseed bread, margarine, plums Sandwich Meatball sub, coleslaw, pineapple tidbits</p>	<p>14 Soup & Salad Bar No Reservations Required Soups: Stuffed Green Pepper and Chicken Chili Blueberry Salad Fresh blueberries, pecans and blue cheese on fresh spinach topped with raspberry vinaigrette dressing Banana dessert</p>	<p>15 Soup & Salad Bar No Reservations Required Soups: Italian Wedding and Tomato Bisque Strawberry Poppy Salad Fresh strawberries, fresh blueberries, mandarin oranges, pineapple and pecans on romaine lettuce topped with a poppyseed dressing Roll</p>	<p>16 Hot Menu Butter crumb cod, coleslaw, garden rice blend, carrots, orange Salad Fresh fruit with graham crackers, 3-bean salad, chocolate pudding, English muffin, peanut butter Sandwich BLT with cheese, coleslaw, raisins, sugared plums</p>	<p>17 Soup & Salad Bar No Reservations Required Soups: Lumberjack Vegetable and Wisconsin Cheese Cottage Cheese Platter Cottage cheese with peaches, pineapple slices and maraschino cherries Roll</p>	

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	20 NOCCOA Closed President's Day	21 Soup & Salad Bar No Reservations Required Soups: Chicken Noodle and Broccoli Cheddar Caesar Salad Grilled chicken, parmesan cheese, croutons, cucumbers, tomatoes and red onion over romaine lettuce topped with Caesar dressing Apple crisp	22 Soup & Salad Bar No Reservations Required Soups: Garden Vegetable and Cream of Potato Fresh Garden Gate Salad Romaine with cucumber slices, diced tomatoes, diced onion, diced egg, cheddar cheese, water chestnuts and croutons with French dressing Fruited gelatin	23 Hot Menu Baked chicken with mashed potatoes and gravy, peas, cornbread stuffing, wheat bread, tropical fruit salad, cake with frosting Salad Strawberry spinach salad with raspberry vinaigrette dressing, cinnamon apple muffin, banana, cake with frosting Sandwich Chicken salad on whole wheat bun, plums, fresh apple, cake with frosting	24 Soup & Salad Bar No Reservations Required Soups: Minestrone and Harvest Grain with Portobello Mushroom Cherry Charbroiled Salad Grilled chicken, mozzarella cheese, dried cherries and walnuts over mixed greens topped with raspberry vinaigrette dressing Apple	
	27 Hot Menu Chicken broccoli cheese casserole, parsley potatoes, peas, banana, wheat bread, Rice Krispy treat Salad Fresh fruit plate, cinnamon apple muffin, raisins, string cheese Sandwich Club sub, banana, orange juice, apple crisp	28 Soup & Salad Bar No Reservations Required Soups: Vegetarian Vegetable and Au Gratin Potato Wild Blue Salad Blue cheese crumbles, walnuts, mandarin oranges, steak and dried cherries on fresh spinach topped with blue cheese dressing Rice pudding	29 Soup & Salad Bar No Reservations Required Soups: Italian Wedding and Cheddar Broccoli Three Meat Salad Ham, turkey and beef fajita strips on romaine lettuce with cucumbers, croutons and tomatoes topped with ranch dressing Tropical fruit			

Meal Reservations • 616-842-9210

- Menu includes fat free milk
- Meals provide 1/3 of the Recommended Daily Allowance (RDA)
- Menu subject to change

Monthly Income	Fair Share Donation
\$1,076 or more	\$2.75 per meal
\$900 - \$1075	\$2.50 per meal
\$750 - \$899	\$2.25 per meal
\$601 - \$749	\$2.00 per meal
\$600 or less	\$1.75 per meal



Soup and Salad Bar Cost: \$3.50 for 60+/\$6.00 for under 60 • A la carte is also available.