

June 2010 Hot Meal, Salad & Sandwich Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	<p>1 Soup & Salad Bar No Reservations Required Soups: Wisconsin Cheese & Vegetarian Vegetable Wild Blue Salad Blue cheese crumbles, walnuts, mandarin oranges, steak and dried cherries over fresh spinach topped with blue cheese dressing Apple crisp</p>	<p>2 Soup & Salad Bar No Reservations Required Soups: White Chicken Chili & Stuffed Green Pepper Build Your Own Pasta Salad Start with macaroni pasta salad and add your favorite toppings of celery, diced egg, diced onions, red and green peppers, turkey cubes and extra cheese Chocolate pudding cup</p>	<p>3 Hot Menu BBQ shredded pork on whole wheat bun, three bean salad, peas and carrots, banana Salad Ranch pasta salad, carrot and celery sticks with peanut butter, baked beans Sandwich Chicken salad on whole wheat hamburger bun with lettuce and tomato, plums, apple</p>	<p>4 Soup & Salad Bar No Reservations Required Soups: Tomato Bisque & Minestrone Cherry Charbroiled Salad Grilled chicken, mozzarella cheese, dried cherries and walnuts over mixed greens topped with a raspberry vinaigrette dressing Peaches</p>	<p>11 Soup & Salad Bar No Reservations Required Soups: Broccoli Cheddar & Italian Wedding Blueberry Festival Salad Fresh spinach with fresh blueberries, blue cheese and pecans with raspberry vinaigrette dressing Cinnamon apple muffin</p>	<p>18 Soup & Salad Bar No Reservations Required Soups: White Chicken Chili & Stuffed Green Pepper Fresh Fruit Fiesta Watermelon, muskmelon, green grapes, strawberries and blueberries with Marzetti cream fruit dip (house salad always available) Chocolate pudding cup</p>	
	<p>7 Hot Menu Chicken wings, mixed vegetables, parsley potato, pineapple juice, bread, banana split Salad Black bean salad, tortilla chips, raisin box, pears, juice Sandwich Meatloaf sandwich with lettuce and tomato, tossed salad, apple</p>	<p>8 Soup & Salad Bar No Reservations Required Soups: Au Gratin & Chicken Noodle Pomegranate Berry Salad Sliced strawberries, pomegranate, sliced cucumbers, grilled chicken, cheddar cheese, diced celery, tomatoes and croutons over mixed greens topped with a pomegranate berry dressing Banana bread</p>	<p>9 Soup & Salad Bar No Reservations Required Soups: Boston Clam Chowder & Garden Vegetable Southwestern Salad Fajita chicken croutons, sliced cucumbers, tomatoes, corn, romaine, cheddar cheese, taco sauce and sour cream in a tortilla bowl Ambrosia salad</p>	<p>10 Hot Menu Chef's special Salad Fresh tomato salad with French dressing, baked beans, wheat bread, fresh orange Sandwich Club sub with lettuce and tomato, juice, banana, apple crisp</p>	<p>17 Hot Menu Cavatappi (chicken pasta), sweet potatoes, green beans, dinner roll, apple, rice pudding Salad Fresh fruit plate, raisin box, string cheese, cinnamon apple muffin Sandwich Chicken vegetable pita with lite ranch dressing, plums, apple juice, apple crisp</p>	<p>16 Soup & Salad Bar No Reservations Required Soups: Chicken Wild Rice & Wisconsin Cheese Greek Salad Feta cheese, diced tomatoes, black olives, pepperoni slices and red onions over romaine topped with a Greek dressing Banana bread</p>	<p>15 Soup & Salad Bar No Reservations Required Soups: Harvest Grain with Portabella Mushrooms & Cream of Potato Three Meat Salad Ham bites, turkey cubes, beef fajita strips over Romaine with cucumber slices, croutons, tomatoes and hearty ranch dressing Fruit cocktail</p>

Sun

Monday

Tuesday

Wednesday

Thursday

Friday

Sat

21

Hot Menu

Chicken and dumpling soup, open faced turkey sandwich with gravy and mashed potatoes, garden peas, creamy fruit salad, rice pudding

Salad

Steak salad with French dressing, cracked roll, margarine, sugared plums

Sandwich

Pizza sub with green pepper strips and marinara sauce, raisin box, juice, peaches

22

Soup & Salad Bar

No Reservations Required
Soups: Chicken and Dumpling & Lumberjack Beef

Asian Salad

Breaded popcorn chicken, mandarin oranges, Asian noodles and water chestnuts with romaine topped with a sesame ginger dressing
Apple crisp

23

Soup & Salad Bar

No Reservations Required
Soups: Timberline Chili & Minestrone

Cottage Cheese Fruit Platter

Cottage cheese with sliced peaches, pineapple slices and maraschino cherries
Creamy fruit salad

24

Hot Menu

Walking tacos with taco meat, chips, cheese, lettuce, tomato and sour cream, baked beans, juice

Salad

Antipasto salad, cinnamon apple muffin, margarine, baked peaches

Sandwich

Chicken Caesar wrap, three bean salad, pineapple tidbits, apple crisp

25

Soup & Salad Bar

No Reservations Required
Soups: Cream of Asparagus & Stuffed Green Pepper

Caprese Salad

Spring mix, sliced tomatoes, fresh mozzarella balls and fresh basil topped with extra virgin olive oil and balsamic vinegar dressing
Banana cream dessert

28

Hot Menu

Vegetarian vegetable soup with crackers, macaroni and cheese, garden peas, bread, fruited gelatin

Salad

Caramel apple salad, three bean salad, wheat bread, margarine, mandarin oranges

Sandwich

Uptown turkey and ham sandwich with chive cream cheese, lettuce and tomato, three bean salad, applesauce, banana cream dessert

30

Soup & Salad Bar

No Reservations Required
Soups: Cream of Potato & Chicken Noodle

Steak Cabernet Sauvignon Salad

Steak, mozzarella cheese, walnuts, dried cherries and croutons over fresh spinach topped with a cabernet sauvignon dressing
Tropical fruit salad

29

Soup & Salad Bar

No Reservations Required
Soups: Cream of Cauliflower & Vegetarian Vegetable

Three Meat Salad

Ham bites, turkey cubes and beef fajita strips over romaine with cucumber slices, croutons, tomatoes and hearty ranch dressing
Blueberry bread

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.