

Salad Of The Day Menu

1st week of 2 week cycle

Mon. Ham & Spinach Salad w/ Catalina dressing

Turkey ham, shredded mozzarella cheese, croutons w/ bacon bits on chopped lettuce & spinach leaves, tomato wedge, black beans and corn.

Tues. Thai Chicken Salad w/Thai dressing

Grilled chicken strips on chopped lettuce, grape tomatoes, diced cucumbers, yellow bell peppers and water chestnuts with crispy chow mien topping.

Wed. 24 hour Salad w/Caesar dressing

A whole boiled egg, a slice of American cheese, bacon bits with croutons on chopped lettuce, sliced celery, cucumbers and water chestnuts, peas, tomato wedge and edamame.

Thur. Southwestern Chicken Salad w/Ranch dressing

Breaded chicken strips on chopped lettuce, tomato wedge, black beans, corn, garbanzo beans and a whole wheat roll.

Fri. Asian Noodle Salad w/ Oriental dressing

Sliced turkey ham, half of a boiled egg, shredded kamaboko, chopped lettuce, grape tomatoes, sliced cucumber and celery on whole grain noodles.

All salads include:

Two different fruits (1/2 cup servings) and a 1/2 pint of milk (Skim chocolate or 1% White)