

Salad Of The Day Menu

2nd 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. Chinese Chicken Salad w/ Oriental dressing

Grilled chicken strips on chopped lettuce, won bok cabbage, tomato wedge, cucumber and celery slices, edamame, and water chestnuts topped with crispy chow mein noodles.

Wed. Chef's Salad w/ Ranch dressing

Turkey ham, shredded American cheese, ½ of a boiled egg on chopped lettuce, tomato wedge, shredded carrots, garbanzo beans, peas and croutons.

Thur. Chicken Caesar Salad w/Caesar dressing

Grilled chicken strips on chopped lettuce, grape tomatoes, garbanzo beans, croutons and a sweet potato slice.

Fri. Tuna Tofu Salad w/Oriental dressing

Tuna and tofu on chopped lettuce, watercress, tomato wedge, mung bean sprouts, edamame, water chestnuts and a whole wheat roll.

All salads include:

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