

# Ypsilanti Meals on Wheels

## Cold Menu


### January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken Strips Lettuce & Tomato Shredded Cheese Flour Tortilla Fiesta Salad Coleslaw Peaches Milk Ranch Salad Dressing	<b>2</b> Tuna Salad Hamburger Bun Potato Salad Tomato Spoon Relish Fresh Fruit Milk	<b>3</b> Sliced Roast Beef Cheddar Cheese Kaiser Roll Pasta Salad Three Bean Salad Fruited Yogurt Milk  Mayonnaise	<b>4</b> Chicken Salad Whole Wheat Bread (2 slices) Asian Marinated Salad Pineapple Tidbits Oatmeal Raisin Cookie Milk
<b>7</b> Sliced Roast Beef Monterrey Jack Cheese Kaiser Roll Beet Salad Coleslaw Applesauce Milk	<b>8</b> Honey Mustard Chicken Salad Whole Wheat Bread (2 slices) White Bean Salad Fresh Fruit Chocolate Chip Cookie Milk	<b>9</b> Sliced Turkey Breast Cheddar Cheese Wheat Bread (2 slices) Herbed Potato Salad Broccoli Salad Fruit Cocktail Milk Mayonnaise	<b>10</b> Tuna Salad Hamburger Bun Spinach Salad Peaches Vanilla Wafers Milk Salad Dressing	<b>11</b> Turkey Pasta Salad Broccoli Tomato Salad Texas Bread Fresh Fruit Milk
<b>14</b> Grilled Chicken Lettuce and Tomato Hamburger Bun Potato Salad Green Pea Salad Strawberry Applesauce Milk Mayonnaise	<b>15</b> Spinach Chef Salad Copper Pennies Wheat Roll Fresh Fruit Milk Salad Dressing	<b>16</b> Sriracha Tuna Salad Kaiser Roll Coleslaw Tomato Spoon Relish Tropical Fruit Milk	<b>17</b> Chicken Salad Pasta Salad Broccoli Salad Wheat Roll Fresh Fruit Milk	<b>18</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) White Bean Salad Beet Salad Pears Milk Mayonnaise
<b>21</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) Broccoli Salad Marinated Carrots Fresh Fruit Milk Mayonnaise	<b>22</b> Chicken Strips Lettuce & Tomato Shredded Cheese Flour Tortilla Fiesta Salad Coleslaw Peaches Milk Ranch Salad Dressing	<b>23</b> Tuna Salad Hamburger Bun Potato Salad Tomato Spoon Relish Fresh Fruit Milk	<b>24</b> Sliced Roast Beef Cheddar Cheese Kaiser Roll Pasta Salad Three Bean Salad Fruited Yogurt Milk Mayonnaise	<b>25</b> Chicken Salad Whole Wheat Bread (2 slices) Asian Marinated Salad Pineapple Tidbits Oatmeal Raisin Cookie Milk
<b>28</b> Sliced Roast Beef Monterrey Jack Cheese Kaiser Roll Beet Salad Coleslaw Applesauce Milk	<b>29</b> Honey Mustard Chicken Salad Whole Wheat Bread (2 slices) White Bean Salad Fresh Fruit Chocolate Chip Cookie Milk	<b>30</b> Sliced Turkey Breast Cheddar Cheese Wheat Bread (2 slices) Herbed Potato Salad Broccoli Salad Fruit Cocktail Milk Mayonnaise	<b>31</b> Tuna Salad Hamburger Bun Spinach Salad Peaches Vanilla Wafers Milk Salad Dressing	

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### February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 				<b>1</b> Turkey Pasta Salad Broccoli Tomato Salad Texas Bread Fresh Fruit Milk
<b>4</b> Grilled Chicken Lettuce and Tomato Hamburger Bun Potato Salad Green Pea Salad Strawberry Applesauce Milk Mayonnaise	<b>5</b> Spinach Chef Salad Copper Pennies Wheat Roll Fresh Fruit Milk Salad Dressing	<b>6</b> Sriracha Tuna Salad Kaiser Roll Coleslaw Tomato Spoon Relish Tropical Fruit Milk	<b>7</b> Chicken Salad Pasta Salad Broccoli Salad Wheat Roll Fresh Fruit Milk	<b>8</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) White Bean Salad Beet Salad Pears Milk Mayonnaise
<b>11</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) Broccoli Salad Marinated Carrots Fresh Fruit Milk Mayonnaise	<b>12</b> Chicken Strips Lettuce & Tomato Shredded Cheese Flour Tortilla Fiesta Salad Coleslaw Peaches Milk Ranch Salad Dressing	<b>13</b> Tuna Salad Hamburger Bun Potato Salad Tomato Spoon Relish Fresh Fruit Milk	<b>14</b> Sliced Roast Beef Cheddar Cheese Kaiser Roll Pasta Salad Three Bean Salad Fruited Yogurt Milk Mayonnaise	<b>15</b> Chicken Salad Whole Wheat Bread (2 slices) Asian Marinated Salad Pineapple Tidbits Oatmeal Raisin Cookie Milk
<b>18</b> Sliced Roast Beef Monterrey Jack Cheese Kaiser Roll Beet Salad Coleslaw Applesauce Milk	<b>19</b> Honey Mustard Chicken Salad Whole Wheat Bread (2 slices) White Bean Salad Fresh Fruit Chocolate Chip Cookie Milk	<b>20</b> Sliced Turkey Breast Cheddar Cheese Wheat Bread (2 slices) Herbed Potato Salad Broccoli Salad Fruit Cocktail Milk Mayonnaise	<b>21</b> Tuna Salad Hamburger Bun Spinach Salad Peaches Vanilla Wafers Milk Salad Dressing	<b>22</b> Turkey Pasta Salad Broccoli Tomato Salad Texas Bread Fresh Fruit Milk
<b>25</b> Grilled Chicken Lettuce and Tomato Hamburger Bun Potato Salad Green Pea Salad Strawberry Applesauce Milk Mayonnaise	<b>26</b> Spinach Chef Salad Copper Pennies Wheat Roll Fresh Fruit Milk Salad Dressing	<b>27</b> Sriracha Tuna Salad Kaiser Roll Coleslaw Tomato Spoon Relish Tropical Fruit Milk	<b>28</b> Chicken Salad Pasta Salad Broccoli Salad Wheat Roll Fresh Fruit Milk	

# Ypsilanti Meals on Wheels

## Cold Menu

### March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) White Bean Salad Beet Salad Pears Milk Mayonnaise
<b>4</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) Broccoli Salad Marinated Carrots Fresh Fruit Milk Mayonnaise	<b>5</b> Chicken Strips Lettuce & Tomato Shredded Cheese Flour Tortilla Fiesta Salad Coleslaw Peaches Milk Ranch Salad Dressing	<b>6</b> Tuna Salad Hamburger Bun Potato Salad Tomato Spoon Relish Fresh Fruit Milk	<b>7</b> Sliced Roast Beef Cheddar Cheese Kaiser Roll Pasta Salad Three Bean Salad Fruited Yogurt Milk Mayonnaise	<b>8</b> Chicken Salad Whole Wheat Bread (2 slices) Asian Marinated Salad Pineapple Tidbits Oatmeal Raisin Cookie Milk
<b>11</b> Sliced Roast Beef Monterrey Jack Cheese Kaiser Roll Beet Salad Coleslaw Applesauce Milk	<b>12</b> Honey Mustard Chicken Salad Whole Wheat Bread (2 slices) White Bean Salad Fresh Fruit Chocolate Chip Cookie Milk	<b>13</b> Sliced Turkey Breast Cheddar Cheese Wheat Bread (2 slices) Herbed Potato Salad Broccoli Salad Fruit Cocktail Milk Mayonnaise	<b>14</b> Tuna Salad Hamburger Bun Spinach Salad Peaches Vanilla Wafers Milk Salad Dressing	<b>15</b> Turkey Pasta Salad Broccoli Tomato Salad Texas Bread Fresh Fruit Milk
<b>18</b> Grilled Chicken Lettuce and Tomato Hamburger Bun Potato Salad Green Pea Salad Strawberry Applesauce Milk Mayonnaise	<b>19</b> Spinach Chef Salad Copper Pennies Wheat Roll Fresh Fruit Milk Salad Dressing	<b>20</b> Sriracha Tuna Salad Kaiser Roll Coleslaw Tomato Spoon Relish Tropical Fruit Milk	<b>21</b> Chicken Salad Pasta Salad Broccoli Salad Wheat Roll Fresh Fruit Milk	<b>22</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) White Bean Salad Beet Salad Pears Milk Mayonnaise
<b>25</b> Sliced Turkey Breast Swiss Cheese Whole Wheat Bread (2 slices) Broccoli Salad Marinated Carrots Fresh Fruit Milk Mayonnaise	<b>26</b> Chicken Strips Lettuce & Tomato Shredded Cheese Flour Tortilla Fiesta Salad Coleslaw Peaches Milk Ranch Salad Dressing	<b>27</b> Tuna Salad Hamburger Bun Potato Salad Tomato Spoon Relish Fresh Fruit Milk	<b>28</b> Sliced Roast Beef Cheddar Cheese Kaiser Roll Pasta Salad Three Bean Salad Fruited Yogurt Milk Mayonnaise	<b>29</b> Chicken Salad Whole Wheat Bread (2 slices) Asian Marinated Salad Pineapple Tidbits Oatmeal Raisin Cookie Milk