

**NEOAC JULY 2017 Cold Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>4 NEOAC CLOSED</b></p>	<p><b>5</b>  <b>Bentley Salad</b>                      (1oz EP Turkey, 1oz EP Turkey Ham, 1oz Swiss Cheese, ½ HB Egg, ¼ c Rotini Pasta, 2 cups Romaine Lettuce, 1oz Tomatoes)                      1oz Fat Free Thousand Island                      ½ c Marinated Cucumber Salad                      1.5oz Whole Wheat Roll                      ½ c Pineapple Tidbits</p>	<p><b>6</b>  <b>Crab Salad Platter</b>                      (1/2 c Crab Salad/3oz EP Surimi, 1oz Cheddar Cheese)                      Lettuce Leaf, 2 Slice Tomatoes                      ½ c Marinated Broccoll &amp; Cauliflower Salad                      1.5oz Whole Wheat Roll                      ½ c Fruit Cocktail</p>	<p><b>7</b>  <b>Chef Sandwich(1oz Turkey Ham, 1oz Turkey, 1oz Swiss Cheese)</b>                      2 slices Whole Wheat Bread, Mustard                      ½ c 3 Bean Salad                      ½ c Unswt Cinnamon Applesauce                      ½ c Tomato Bisque</p>
	<p><b>11</b>  <b>Honey Mustard Sliced Chicken Sandwich (3oz EP Chicken)</b>                      Lettuce Leaf, Tomato Slice                      Honey Mustard                      1 Small Kaiser Roll                      ½ c Broccoli, Onion &amp; Craisin Salad                      Fresh Peach</p>	<p><b>12</b>  <b>Egg Salad</b>                      ½ c Egg Salad, 3 Whole HB eggs                      ½ c Carrot &amp; Raisin Salad                      ½ c Health Salad                      1 Whole Wheat Pita                      ½ c Mandarin Oranges                      4oz Apple Juice</p>	<p><b>13</b>  <b>Spinach Salad</b>                      (1.5oz Swiss Cheese, 1 ½ HB Eggs, 2cups Fresh Spinach, 0.5oz Mushrooms, 1oz Fat Free Italian Dressing)                      ½ c Lentil Salad(Lentils Tomatoes &amp; Onions)                      1.5oz White Roll                      1 Light Lemon Cake                      ½ c Minestrone Soup</p>	<p><b>14</b>  <b>Asian Chicken Salad</b>                      (3oz EP Chicken over Romaine Lettuce, 1oz Red Peppers, 1oz Cucumbers, 0.5oz Chow Mein Noodles, ¼ c Mandarin Oranges)                      1oz Asian Dressing                      ½ c Sesame Pasta Salad                      1 sl Whole Wheat Bread                      Margarine                      ½ c Pears</p>
	<p><b>18</b>  <b>Turkey Ham &amp; Swiss Sandwich (2oz Turkey Ham, 1oz Swiss) on 2 Slices Marble Rye Bread</b>                      Lettuce Leaf                      Mustard                      ½ c Sweet Corn &amp; Bean Salad                      ½ c Marinated Summertime Salad (tomatoes, Onion, Peppers, Cucumbers)                      1oz Oatmeal Cookie</p>	<p><b>19</b>  <b>Grilled Chicken Caesar</b>                      (3oz EP Chicken, 2cups Romaine Lettuce, 3 Tomato Wedges, 1oz Croutons, 1oz Caesar Dressing)                      ½ c Greek Chickpea Salad                      1 sl Whole Wheat Bread                      ½ c Pineapples</p>	<p><b>20</b>  <b>Thanksgiving Turkey Hoagie(3oz EP Turkey, w/1/4 Stuffing on Club Roll)</b>                      ½ c Marinated Green Bean Salad                      Mayo                      ½ c Unswt Strawberry Applesauce                      4oz Apple Juice</p>	<p><b>21</b>  <b>Tuna Salad(3oz EP Tuna)</b>                      Lettuce Leaf, Tomato Slice                      ½ c Health Salad                      ½ c Marinated Tomato &amp; White Bean Salad                      Mini Plain Bagel                      Fresh Plum                      ½ c Manhattan Clam Chowder</p>
	<p><b>25</b>  <b>Chicken Salad Platter (3oz EP Chicken)</b>                      ½ c Broccoli, Onion, Craisin Salad                      ½ Pickled Beet Salad                      1.5oz Whole Wheat Roll, Margarine                      ½ c Mandarin Oranges</p>	<p><b>26</b>  <b>Turkey Sandwich (3oz EP Turkey Ham) on 2 sl 7 Grain Bread</b>                      ½ c Marinated Carrot Salad                      ½ c Cold Couscous Salad w/Bell Peppers                      Mayo                      Fresh Nectarine</p>	<p><b>27</b>  <b>BBQ Chicken Ranch Salad(3oz EP Chicken w/1/4 BBQ Sauce, 0.5oz Shredded Cheese, 2 cups Romaine Lettuce, 0.5oz Red Onion Slices ¼ c Yellow Corn)</b>                      1oz Fat Free Ranch Dressing                      1 sl Pumpemickel Bread, Margarine                      ½ c Unswt Cherry Applesauce                      4oz Apple Juice</p>	<p><b>28</b>  <b>Garden Salad topped w ½ c Seafood Salad (3oz EP Surimi)</b>                      2oz c Romaine Lettuce w 1oz Cucumber, 1oz carrots, 1oz Tomato Wedges                      1oz Light Zesty Italian                      ½ c Veggie Pasta Salad                      1.5oz Whole Wheat Roll, Margarine                      ½ c Peaches                      ½ c Navy Bean Soup</p>