

Menu #	Month of service	Entrée	Side	Side	Side
1	January, July	Chef Salad *	2 oz Breadstick or roll	½ Fruit (Fresh, cut up)	
2	February, August	Ham Salad / 3 oz bun *	½ cup Potato Salad	½ cup peach fruit cup	
3	March, September	Chicken Bacon Wrap (12 inch whole wheat wrap) *	½ cup Coleslaw	Mandarin Orange Jello Salad	
4	April, October	Greek Pasta Salad *	½ cup Broccoli/cauliflower Salad *	½ Fruit (Fresh, cut up)	
5	May, November	Cold Cut Combo Sandwich (2 oz combo of ham, turkey, or pepperoni and 1 oz cheese slice) on sub bun (one slice tomato, pickles, and lettuce)	½ cup Tomato Caprese Salad *	½ cup applesauce	1 whole wheat sub bun
6	June, December	Chicken Salad on croissant*	½ cup 3 Bean Salad	½ cup peach fruit cup	

Starred items have the recipe below.

Chef Salad (serves 1)

- 1 ½ cups leafy greens
- 1 hardboiled egg, diced or sliced
- 2 oz diced Ham or Chicken
- 1 oz shredded cheddar cheese
- ½ cup other salad veggies, like tomato, pepper, cucumber, onion rings, shredded carrots.
- 2 oz dressing of choice

Ham Salad on 3 oz bun (recipe for 5 people)

- 1 lb. cooked ham (3 cups cubed)
- ¼ cup yellow onion about ¼ onion, chopped
- ½ cup mayo
- ¼ cup sweet pickle relish
- ¼ tsp. black pepper

5 -3 oz buns

Instructions

1. Add diced ham and onion to the food processor. Pulse until ham is finely minced. Place mixture in a mixing bowl.
2. Mix ham & onion mixture with mayo, relish and black pepper until well combined.
3. Refrigerate for a few hours or overnight.
4. Spread evenly on 5 buns. Keep refrigerated and serve within a few hours.

Chicken Bacon Wrap (serves 6 people)

- 6 – 12 inch whole wheat tortillas
- 12 oz cooked chicken (may be roasted, canned or grilled)
- 6 oz shredded cheddar cheese
- 1 cup finely diced cooked bacon
- 1 ½ cup ranch dressing
- 1 ½ cups drained corn kernels
- 1 ½ cups diced tomatoes
- 3 cups chopped or shredded greens

Combine chicken, cheese, bacon and dressing. Gently stir in vegetables. Chill for two hours. Divide evenly on 6 tortillas and wrap tightly. Refrigerate until serving.

Greek Pasta Salad (serves 6)

- 6 cups cooked rotini pasta
- 3 cups mixed finely chopped vegetables (red onion, peppers, cucumbers, olives or roma tomatoes) **ANY COMBINATION TO EQUAL 3 CUPS**
- 6 oz feta cheese
- 12 oz diced ham **OR** diced chicken

Cook and cool the pasta. Chop and measure vegetables and protein. Toss in a large bowl with the pasta. Set aside.

Make the dressing:

- 1/3 cup lemon juice
- 2 cloves garlic, finely chopped
- 2 tablespoons parsley flakes
- 1/2 cup extra virgin olive oil
- 1/4 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Stir well in a small bowl, or shake in tightly sealed container. Pour over pasta and veggies and toss gently. Sprinkle cheese over top. Refrigerate until serving.

You could also use a purchased Greek Salad Dressing.

Broccoli/Cauliflower Salad (Serves 12)

3 cups bite size broccoli
3 cups bite size cauliflower
½ finely diced red onion
½ cup sunflower seeds
½ cup shredded cheddar cheese

- Combine the cauliflower, broccoli, bacon, cheddar cheese, sunflower seeds, and red onion in a large bowl.

Dressing ingredients:

1 cup mayonnaise (you can use light mayonnaise)
2 tablespoons red wine vinegar
2 tablespoons sugar
1/2 teaspoon kosher salt

- In a small bowl, whisk together the mayonnaise, red wine vinegar, sugar, and salt until fully combined. Pour the dressing over the other ingredients and toss to combine. Make day before and keep refrigerated.

Tomato Caprese Salad (Serves 6)

3 cups diced tomatoes (use Roma or cherry tomatoes cut in half)
¾ cup shredded or cubed Mozzarella cheese
2 Tsp Dried or ¼ cup fresh Basil

Combine in a bowl. Sprinkle with ½ tsp Garlic Powder, ½ tsp salt, ¼ tsp pepper. Drizzle with 2 Tbsp Olive Oil and 1 TBSP Balsamic Vinegar. Stir gently and serve immediately or store in refrigerator prior to serving.

Chicken Salad on Croissant (Serves 6)

3 cups chopped cooked chicken (roasted, baked or canned)
¼ cup finely chopped red onion
1 ½ cups finely chopped celery
2 TBSP lemon juice
2 TBSP Sour Cream
¾ cup mayonnaise
½ tsp salt
Dash of pepper
6 croissants

Shred or chop chicken and place in large bowl. Combine chicken, onion and celery. Gently stir in the remaining ingredients other than rolls. Chill until ready to serve. Place on rolls and serve. (You could serve these as a make your own roll, with the croissants and salad in separate containers.