

## **Salad Menu for December, January, February**

### Monday

#### **Chicken Oriental Salad**

Mixed Greens  
Chicken Tenders, Shredded Cheese  
Mandarin Oranges, Chow Mein Noodles  
Fruit of the Day

### Tuesday

#### **Tuna Salad**

Mixed Greens  
Sliced Cucumber, Grape Tomato, Cheese Cubes  
Tuna Salad  
Whole Wheat Pita Pocket  
Fruit of the Day

### Wednesday

#### **Chef's Spinach & Lettuce Salad**

Spinach & Lettuce  
Diced Ham, Hard Boiled Egg, Peas,  
Shredded Cheese  
Fruit of the Day  
WG Dinner Roll

### Thursday

#### **Waldorf Salad**

Mixed Greens, Sliced Cucumber  
Waldorf Salad  
(Chopped Apples, Chopped Celery and Raisins)  
Cottage Cheese  
Chex Mix

### Friday

#### **Taco Salad**

Shredded Lettuce  
Beef Taco Meat, Shredded Cheese  
Grape Tomato, Salsa Cup  
Tortilla Chips