MVNP (978) 686-1422 June 2014 Client Menu

2 Roasted Chicken Whipped Potatoes Peas & Carrots Cranberry Sauce Fresh Apple Oatmeal Bread				3 Apple Juice Broccoli, Egg and Cheese Bake Green Beans Almandine Fruited Gelatin Diet Gelatin Snowflake Roll				4 Ground Beef Stroganoff Pasta Carrot Coins Peaches Whole Wheat Bread				**5** Roast Pork with Gravy Red Bliss Whip Potatoes Mixed Vegetables Fruit Cocktail Multigrain Bread				**6** LF Seafood Salad Potato Salad, Shredded Lettuce, Cherry Tomatoes Chocolate Pudding Diet Pudding Sandwich Roll			
Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat
706	990	92	32	699	584	85	34	704	747	83	33	682	630	73	38	604	1071	98	22
9 Sweet & Sour Meatballs White Rice Scandinavian Vegetables Peaches Dark Rye Bread				**10** Orange Glazed Chicken Baked Potato / LF Sour Crm California Blend Vegetables Tapioca Pudding / Diet White Bread				11 Lasagna with Meat Sauce Parm Cheese Green Beans Fresh Orange Italian Bread				**12** Roast Turkey with Gravy Whip Potatoes with Chives Peas & Carrots / Cranberry Sauce / Pears Multigrain Bread				***13 High Sodium Meal*** Sliced Ham & Cheese Toss Salad / LS Dressing Potato Salad / Mustard Fruited Gelatin / Diet Gelatin Light Rye Bread			
Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat
651	643	69	38	739	643	93	27	700	1005	74	34	619	1079	76	29	676	1326	78	38
16 Salisbury Steak with Gravy Red Bliss Whip Potatoes Mixed Vegetables Pears Wh Wh Bread				**17** Fish Strips / Tartar Sauce Florentine Rice Peas & Carrots Peaches Multigrain Bread				18 Chicken Breast Fillet Whip Potato with Chives Tuscany Blend Veggies Cranb'ry Sauce / Diet Pudd. Butterscotch Pudding White Bread				***19 Birthday Meal*** ***High Sodium Meal*** Turkey Ham & Fruit Sauce Whip Swt Pot / Veg Medley Birthday Cake / Plain Cake Diets & MOWs / Wh Wh Roll				**20** Sliced Turkey / LF Mayo. Macaroni Salad / Shredded Lettuce / Cherry Tomatoes Cran Sauce / Fresh Orange Italian Bread			
Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat
653	861	70	41	756	1151	79	45	737	1122	89	30	764	1547	117	22	700	1158	86	30
23 Apricot Glazed Chicken White Rice Mixed Vegetables Peaches Whole Wheat Dinner Roll				**24** Macaroni and Cheese Zucchini & Stewed Tomatoes Fruited Gelatin Diet Gelatin Multigrain Bread				**25** Cheeseurger / Ketchup Kernel Corn Toss Salad / LS Dressing Fresh Orange Hamburger Roll				***26*** Beef Meatloaf with Gravy Red Bliss Whip Potatoes Vegetable Medley Fruit Cocktail Whole Wheat Bread				**27** Chicken Salad /Potato Salad Shredded Lettuce Cherry Tomatoes Lorna Doones Hot Dog Roll			
Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat
518	387	74	18	775	890	104	36	757	1074	82	39	793	851	78	40	678	619	77	30
30 Chicken Morney White Rice California Blend Vegetables Pears Light Rye Bread				**KEY:** Kcal = Kilocalories Na+ = Sodium mg. CHO = Carbohydrates in Grams % Fat = % Kcal from Fat				**Home Delivered Meal** Diabetic clients may consider reserving some meal items for a snack. **Congregate participants** can reserve packaged dessert, bread and milk.				**Nutrient Analysis meets** 1/3 of the RDI (Recommended Daily Intake) **Suggested Donation** $2.00 per meal. **All Meals served with** Margarine & 1% Milk				***July 4th*** ***No meal Served*** ***Independence Holiday***			
Kcal	Na+	CHO	% Fat																
709	780	60	39																

MENU SUBJECT TO CHANGE WITHOUT NOTICE **Visit us at mvnpelderlunch.org**