MVNP (978) 686-1422

June 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak w/gravy Red Bliss Whip Potatoes Mixed Vegetables Chocolate & Diet Pudding Whole Wheat Dinner Roll	2 Pineapple Ginger Chicken White Rice Vegetable Medley Strawberry Cup – Reg Peaches – Diet Italian Bread	3 American Chop Suey Peas and Carrots Parmesan Cheese Fresh Orange Rye Bread	4 *High Sodium Meal* LS Hot Dog Mustard & Relish Baked Beans Coleslaw Mandarin Oranges Hot Dog Roll	5 Potato Fish Filet Whip Potato with Chives Mixed Vegetables Pear Cup Rye Bread
8 Cheeseburger Ketchup Kernel Corn Baked Potato Chips Pineapple Hamburger Roll	9 Breaded Chicken Cran. Sauce Whip Potatoes Carrot Coins Fresh Apple Light Rye Bread	10 Meatball Sub Tomato Sauce California Blend Veggies Parmesan Cheese Fresh Apple Sub Roll	11 *High Sodium Meal* Baked Ham / Fruit Sauce Whip Sweet Potatoes Broccoli and Cauliflower Ice Cream Oatmeal Bread	12 Krunch Lite Fish Potato Wedges Green and Gold Beans Lorna Doones Whole Wheat Bread
15 Chicken a la King Whipped Potatoes Peas and Carrots Unsweetened Applesauce Low Fat Muffin	16 BBQ Pork Patty Sweet Potato Wedges Cole Slaw Ketchup Packet Ice Cream Whole Wheat Roll	17 Mild Chili Shredded Cheese LF Sour Cream Green Beans Peach Cup Tortilla Chips	18 *Birthday Dinner* Roast Turkey with Gravy Red Bliss Whip Potatoes Carrot Coins Cran. Sauce Birthday Cake / Plain Cake Whole Wheat Dinner Roll	19 Fish Strips Tartar Sauce Potato Wedges Italian Blend Vegetables Fresh Orange Italian Bread
22 Beef Meatloaf with Gravy Whip Potato and Chives Chuckwagon Corn Strawberry Cup/Mandarin Oran. Oatmeal Bread	23 Chicken Cacciatori White Rice Parmesan Cheese Peas & Carrots Mandarin Oranges Whole Wheat Bread	24 Stuffed Shells California Blend Veggies Parmesan Cheese Fresh Apple Low Fat Muffin	25 Chicken Supreme Cran. Sauce Whip Potatoes Scandinavian Blend Veggies Mandarin Oranges Oatmeal Bread	26 Fish Filet Roasted Red Potatoes Vegetable Medley Sherbet Dinner Roll
29 Teriyaki Diced Chicken White Rice Scandinavian Blend Veg. Pineapple Multigrain Bread	30 Pork Pattie Mixed Veggies Whipped Sweet Potatoes Diced Pears Oatmeal Molasses Bread	**MENU SUBJECT TO CHANGE WITHOUT NOTICE**		