MVNP (978) 686-1422

May 2015 Client Menu

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 DRI (Recommended Daily Intake)

Suggested Donation
$2.00 per meal.

Stars and STRIPES

																1 Creole Fish Brown Rice California Blend Vegetables Sherbet Italian Bread	Kcal 589	Na+ 829	CHO 84	% Fat 21
4 Fish Sandwich / LF Mayo. LF Mayonnaise Kernel Corn Peaches Hamburger Roll	Kcal 617	Na+ 743	CHO 84	% Fat 28	5 Salisbury Steak Garlic Whip Potatoes Carrot Coins Pears Whole Wheat Bread	Kcal 625	Na+ 835	CHO 68	% Fat 41	6 Rotisserie Chicken White Rice Broccoli and Cauliflower Fresh Orange Oatmeal Bread	Kcal 539	Na+ 470	CHO 66	% Fat 23	7 Apricot Glazed Chicken Whipped Potatoes Scandinavian Blend Veggies Ice Cream Cup Dinner Roll	Kcal 643	Na+ 481	CHO 80	% Fat 28	8 Sweet Potato Fish Fillet Dirty Rice Vegetable Medley Pineapple Cup Snowflake Roll	Kcal 659	Na+ 531	CHO 93	% Fat 26
11 Hamburger / Ketchup Oven Brown Potatoes Kernel Corn Peaches Hamburger Roll	Kcal 772	Na+ 581	CHO 99	% Fat 31	12 *See Site Special* Chicken a la King Whipped Potatoes Peas and Carrots Ice Cream Cup Whole Wheat Bread	Kcal 717	Na+ 644	CHO 69	% Fat 39	13 Chicken Nuggets Sweet & Sour Sauce White Rice Broccoli Pineapple Cup Whole Wheat Bread	Kcal 723	Na+ 716	CHO 90	% Fat 34	14 *High Sodium Meal* Roast Turkey with Gravy Whipped Potatoes Carrots Cranberry Sauce Pears Oatmeal Bread	Kcal 633	Na+ 1025	CHO 80	% Fat 31	15 Breaded Fish Strips Red Bliss Whip Potatoes Sweet Peas Fresh Apple Whole Wheat Bread	Kcal 639	Na+ 665	CHO 83	% Fat 35
18 Chicken Meatballs with Gravy Whipped Potatoes Italian Blend Vegetables Fruit Cocktail Multigrain Bread	Kcal 664	Na+ 751	CHO 77	% Fat 36	19 Beef Stroganoff Whipped Potatoes Mixed Vegetables Peaches Rye Bread	Kcal 665	Na+ 819	CHO 73	% Fat 38	20 Oven Roasted Chicken Garlic Whip Potatoes Peas and Carrots Cranberry Sauce Pear Cup White Roll	Kcal 614	Na+ 869	CHO 81	% Fat 27	14 *Birthday/Holiday Meal* *High Sodium Meal* Roast Pork with Gravy Whipped Potatoes Broccoli and Cauliflower Birthday Cake / Diets & MOWs Plain Cake Dinner Roll	Kcal 852	Na+ 940	CHO 100	% Fat 35	22 Potato Crunch Fish Oriental Rice Scandinavian Blend Veggies Fresh Orange Multigrain Bread	Kcal 689	Na+ 787	CHO 87	% Fat 32
25 *No Meal Served* 					26 BBQ Chicken Breast Red Bliss Whip Potatoes Scandinavian Blend Veggies Sherbet Italian Bread	Kcal 640	Na+ 656	CHO 81	% Fat 23	27 Cheese Lasagna Marinara Sauce Green & Gold Beans Fresh Orange Whole Wheat Dinner Roll	Kcal 552	Na+ 803	CHO 75	% Fat 24	28 *High Sodium Meal* Baked Ham / Raisin Sauce Whipped Potatoes California Blend Vegetables Mixed Fruits Oatmeal Bread	Kcal 690	Na+ 1398	CHO 84	% Fat 33	29 *See Site Special* Broccoli, Egg and Cheese Bake Italian Blend Vegetables Peach Cup Low Fat Muffin	Kcal 666	Na+ 664	CHO 68	% Fat 40