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