MVNP (978) 686-1422

May 2014 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 RDI (Recommended Daily Intake)
Suggested Donation $2.00 per meal.
All Meals served with Margarine & 1% Milk

1 High Sodium Meal Italian Sausage with Pasta & Marinara Sauce Kernel Corn Fresh Orange Italian Bread	Kcal 833	Na+ 1012	CHO 91	% Fat 43	2 Baked Fish Florentine Roasted Red Potatoes Ketchup / Peas and Carrots Tapioca Pudding / Diet Pudd. Whole Wheat Bread	Kcal 742	Na+ 974	CHO 101	% Fat 31
5 Cheeseburger / Ketchup Kernel Corn Low Sodium Potato Chips Pineapple Hamburg Roll	Kcal 833	Na+ 880	CHO 90	% Fat 41	6 Stuffed Shells / Marinara Sauce / Parmesan Cheese Carrot Coins Peaches Italian Bread	Kcal 539	Na+ 870	CHO 65	% Fat 31
7 Chicken Marsala White Rice / Cran. Sauce California Blend Vegetables Fresh Orange Whole Wheat Dinner Roll	Kcal 555	Na+ 789	CHO 67	% Fat 27	8 Veal Parmigian Pasta with Marinara Sauce Broccoli and Cauliflower Lorna Doones Multigrain Bread	Kcal 1025	Na+ 1093	CHO 95	% Fat 42
9 Fish Strips / Tartar Sauce Red Bliss Whip Potatoes Peas & Carrots Fruited Gelatin / Diet Gelatin Whole Wheat Bread	Kcal 783	Na+ 1141	CHO 90	% Fat 42	12 Grilled Chicken with Supreme Sauce Whip Potatoes / Cran. Sauce Carrot Coins Ice Cream Cup Whole Wheat Dinner Roll	Kcal 686	Na+ 992	CHO 75	% Fat 35
13 Fishwich Sandwich with Cheese Tartar Sauce Sweet Peas Peaches Sandwich Roll	Kcal 830	Na+ 1220	CHO 98	% Fat 36	*14 See Site Special* Chicken Fajitas LF Sour Cream / Shredded Cheese and Lettuce Kernel Corn Pineapple Cup Tortilla	Kcal 712	Na+ 822	CHO 90	% Fat 33
15 Birthday Meal Roast Turkey with Gravy Whip Potatoes / Cran. Sauce Peas & Carrots Birthday Cake Plain Cake Diets & MOWs Oatmeal Bread	Kcal 866	Na+ 942	CHO 116	% Fat 28	16 Salmon, Broccoli and Ziti Alfredo Fresh Orange Light Rye Bread	Kcal 491	Na+ 443	CHO 65	% Fat 26
19 Meatloaf and Gravy Whipped Potatoes Mixed Vegetables Peaches Whole Wheat Bread	Kcal 704	Na+ 731	CHO 77	% Fat 37	20 New Orleans Chicken White Rice Scandinavian Vegetables Pineapple Snowflake Roll	Kcal 543	Na+ 914	CHO 78	% Fat 21
21 Macaroni & Cheese Zucchini & Stewed Tomatoes Fruited Gelatin / Diet Gelatin Low Fat Muffin	Kcal 814	Na+ 815	CHO 116	% Fat 32	*22 High Sodium Meal* Turkey Ham & Raisin Sauce Bake Potato/LF Sour Cream Tuscany Blend Vegetables Fresh Apple Whole Wheat Dinner Roll	Kcal 671	Na+ 1203	CHO 97	% Fat 26
23 Krunch Lite Fish / Tartar Sc. Potato Wedges / Ketchup California Blend Vegetables Fig Bar Multigrain Bread	Kcal 749	Na+ 946	CHO 90	% Fat 36	*26 No meal Sewed Memorial Day Holiday*				
27 Honey Curry Chicken Whip Potato & Chives Cranberry Sauce Carrot Coins Fruit Cocktail Multigrain Bread	Kcal 563	Na+ 747	CHO 74	% Fat 23	28 Sweet & Sour Meatballs White Rice Asian Blend Vegetables Fresh Orange Whole Wheat Dinner Roll	Kcal 690	Na+ 791	CHO 84	% Fat 36
29 Chicken Louisiana White Rice California Blend Vegetables Peaches Oatmeal Bread	Kcal 509	Na+ 537	CHO 65	% Fat 25	30 Baked Salmon Scalloped Potatoes Green and Gold Beans Butterscotch Pudding / Diet Pudding / Snowflake Roll	Kcal 927	Na+ 703	CHO 132	% Fat 23

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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