MVNP (978) 686-1422 February 2015 Client Menu

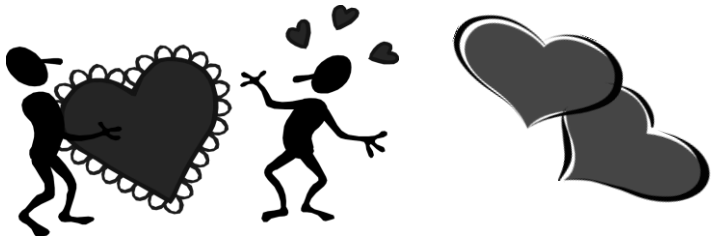
KEY:
Kcal = Kilocalories
Na+ = Sodium mg.
CHO = Carbohydrates in Grams
% Fat = % Kcal from Fat

Home Delivered Meal
Diabetic clients may consider reserving some meal items for a snack.

Congregate participants can reserve packaged dessert, bread and milk.

All Meals Served with
8 oz. 1% Milk & Margarine

Nutrient Analysis Meets 1/3 RDI
(Recommended Daily Intake)



2 Chicken Cacciatori White Rice Winter Blend Vegetables Pears Whole Wheat Dinner Roll	Kcal 560	Na+ 615	CHO 62	% Fat 23	**3** A la King Special Whip Potatoes Mixed Vegetables Peaches Whole Wheat Bread	Kcal 832	Na+ 627	CHO 100	% Fat 24	**4** Stuffed Shells & Marinara Parmesan Cheese Green and Gold Beans Fresh Orange Italian Bread	Kcal 553	Na+ 924	CHO 138	% Fat 30	**5** Baked Chicken Breast/Gravy Whip Potato with Chives Scandinavian Vegetables Cranberry Sauce Fig Bar / Multigrain Bread	Kcal 639	Na+ 619	CHO 78	% Fat 28	**6** Fiesta Style Fish Scalloped Potatoes Sliced Carrots Ice Cream Cup Snowflake Dinner Roll	Kcal 919	Na+ 797	CHO 135	% Fat 24
9 Meatballs with Gravy Whipped Potatoes Italian Blend Vegetables Fruit Cocktail Italian Bread	Kcal 608	Na+ 624	CHO 71	% Fat 33	**10** Salmon, Broccoli and Pasta with Alfredo Sauce Peaches Whole Wheat Bread	Kcal 456	Na+ 413	CHO 58	% Fat 28	***11 High Sodium Meal*** Reduced Sodium Hot Dog Mustard & Relish Baked Beans Kernel Corn Fresh Apple Hot Dog Roll	Kcal 844	Na+ 1539	CHO 112	% Fat 33	***12*** Chicken Breast L'Orange Brown Rice California Blend Vegetables Fresh Baked Butter Cookie Oatmeal Bread	Kcal 740	Na+ 955	CHO 87	% Fat 30	**13** Fish a la Ritz Red Bliss Whip Potatoes Peas and Carrots Ice Cream Cup Whole Wheat Bread	Kcal 644	Na+ 685	CHO 64	% Fat 33
16 No Meal Served ***Presidents' Holiday*** 					**17** Hamburger / Ketchup Potato Wedges Kernel Corn Peaches Hamburger Roll	Kcal 766	Na+ 857	CHO 90	% Fat 35	***18 Ash Wednesday*** Pier 17 Fish Scalloped Potatoes Green and Gold Beans Chocolate Pudding Diet Pudding Whole Wheat Bread	Kcal 1038	Na+ 1004	CHO 139	% Fat 30	***19 Birthday Dinner*** Roast Turkey with Gravy Whip Potato with Chives Winter Blend Vegetables Cranberry Sauce B'day Cake/D' & MOW Plain Snowflake Dinner Roll	Kcal 774	Na+ 840	CHO 98	% Fat 27	**20** Potato Crunch Fish Oriental Rice Scandinavian Blend Veggies Fresh Apple Multigrain Bread	Kcal 695	Na+ 789	CHO 89	% Fat 32
23 Breaded Chicken Fillet Kernel Corn LF Mayonnaise Peaches Hamburger Roll	Kcal 714	Na+ 1130	CHO 87	% Fat 30	**24** Rotisserie Chicken Garlic Whip Potato Peas and Carrots Ice Cream Cup Multigrain Bread	Kcal 624	Na+ 538	CHO 69	% Fat 31	**25** Beef Stroganoff Ziti Mixed Vegetables Pineapple Cup Whole Wheat Dinner Roll	Kcal 769	Na+ 729	CHO 98	% Fat 31	***26 High Sodium Meal*** Baked Ham w/ Raisin Sauce Whipped Potatoes Sliced Carrots Pears Oatmeal Bread	Kcal 677	Na+ 1390	CHO 84	% Fat 32	**27** Cheddar Cheese, Broccoli and Egg Bake Italian Blend Vegetables Fresh Orange Low Fat Muffin	Kcal 687	Na+ 660	CHO 72	% Fat 37

MENU SUBJECT TO CHANGE WITHOUT NOTICE **Suggested Donation $2.00 per meal.**