MVNP (978) 686-1422 April 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.

1 *See Site Special* BBQ Pork Patty Sweet Potato Fries Kernel Corn Peach Cup Hamburger Roll	Kcal 749	Na+ 922	CHO 107	% Fat 28	**2** Roast Turkey and Gravy Whip Potatoes Broccoli & Cauliflower Cranberry Sauce Sherbet / Multigrain Bread	Kcal 658	Na+ 929	CHO 84	% Fat 31

3
No Meal Served
Good Friday

6 Rotisserie Chicken Herb Whip Potatoes Scandinavian Vegetables Peaches Whole Wheat Dinner Roll	Kcal 602	Na+ 420	CHO 74	% Fat 23	**7** Crunch Lite Fish Potato Wedges / Ketchup Peas and Carrots Fresh Apple Whole Wheat Bread	Kcal 631	Na+ 982	CHO 90	% Fat 27	**8** American Chop Suey Green and Gold Beans Parmesan Cheese Pineapple Cup Italian Bread	Kcal 586	Na+ 1139	CHO 75	% Fat 28	**9** Salmon, Broccoli and Pasta Alfredo Fig Bar Oatmeal Bread	Kcal 564	Na+ 572	CHO 77	% Fat 27	**10** Sweet & Sour Chicken White Rice California Blend Vegetables But'scotch Pudding & Diet Dinner Roll	Kcal 592	Na+ 535	CHO 75	% Fat 22

13 Meatball Sub with Marinara Sauce Broccoli and Cauliflower Parmesan Cheese Applesauce Sub Roll	Kcal 783	Na+ 879	CHO 101	% Fat 29	**14** *See Site Special* Chicken Tetrazzini Scandinavian Blend Veggies Cranberry Sauce Peaches Whole Wheat Dinner Roll	Kcal 691	Na+ 980	CHO 86	% Fat 33	**15** Honey Curry Chicken White Rice Vegetable Medley Fresh Orange Whole Wheat Bread	Kcal 502	Na+ 636	CHO 67	% Fat 19	**16** *Birthday/Holiday Meal* *High Sodium Meal* Baked Ham with Raisin Sc. Whipped Potatoes California Blend Vegetables Birthday Cake / Diets & MOWs Plain Cake Multigrain Bread	Kcal 775	Na+ 1814	CHO 108	% Fat 28	**17** Potato Crunch Fish Dirty Rice Peas & Carrots Ketchup Sherbet Dinner Roll	Kcal 797	Na+ 881	CHO 103	% Fat 31

20 *No Meal Served*
Patriot's Holiday

21 Chicken Nuggets Sweet & Sour Sauce Rice Pilaf / Italian Blend Veg. Pineapple Whole Wheat Bread	Kcal 764	Na+ 1079	CHO 99	% Fat 32	**22** Stuffed Peppers Brown Rice Green and Gold Beans Ice Cream Cup Dinner Roll	Kcal 737	Na+ 857	CHO 87	% Fat 36	**23** Roast Pork with Gravy Baked Potato /LF Sour Crm. Peas and Carrots Peaches Whole Wheat Dinner Roll	Kcal 690	Na+ 531	CHO 81	% Fat 32	**24** Baked Salmon & Dill Sauce Roasted Red Potatoes Scandinavian Blend Veggies Fresh Apple Multigrain Bread	Kcal 700	Na+ 436	CHO 79	% Fat 35

27 *High Sodium Meal* LS Hot Dot / Baked Beans Mustard Cole Slaw Fresh Orange Hot Dog Roll	Kcal 884	Na+ 1868	CHO 105	% Fat 37	**28** Breaded Chicken Fillet Roasted Red Potatoes Broccoli and Cauliflower Cranberry Sauce Frt. Cocktail / Wh Wh Bread	Kcal 617	Na+ 824	CHO 74	% Fat 29	**29** Shepherd's Pie: (Seasoned Ground Beef, Whip Potatoes and Corn) Reg. & Diet Gelatin Multigrain Bread	Kcal 674	Na+ 578	CHO 69	% Fat 39	**30** Macaroni and Cheese Green Beans & Tomatoes Pears Oatmeal Bread	Kcal 754	Na+ 951	CHO 96	% Fat 35

Nutrient Analysis
meets 1/3 of the DRI (Recommended Daily Intake)

Suggested Donation
$2.00 per meal.

MENU SUBJECT TO CHANGE WITHOUT NOTICE **All meals served with margarine & 1% milk.**