

MOBILE MEALS WINTER/SPRING MENU / WEEK 1

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Mandarin House Chicken Fluffy Rice Sliced Carrots Applesauce Vanilla Wafers Tuna Salad/Bun Orange 2% Milk	3oz ½ C ½ C 1 5 ¼ C 1 2	Mandarin House Chicken Fluffy Rice Sliced Carrots Applesauce Vanilla Wafers Tuna Salad/Bun Orange 2% Milk	3oz ½ C ½ C 1 5 ¼ C 1 2	Mandarin House Chicken Fluffy Rice Sliced Carrots Applesauce Vanilla Wafers Tuna Salad/Bun Orange 2% Milk	3oz ½ C ½ C 1 5 ¼ C 1 2	Mandarin House Chicken Fluffy Rice Sliced Carrots Applesauce Vanilla Wafers Tuna Salad/Bun Orange 2% Milk	3oz ½ C ½ C 1 5 ¼ C 1 2
T U E S D A Y	Cavatelli Marinara Meatballs Broccoli Florets Mixed Fruit Egg Salad/Bun Banana Van Pudding 2% Milk	½ C 2 ½ C 1 ¼ C 1 1 2	Cavatelli Marinara Meatballs Broccoli Florets Mixed Fruit Egg Salad/Bun Banana LC Van Pudding 2% Milk	½ C 2 ½ C 1 ¼ C 1 1 2	Cavatelli Marinara Meatballs Broccoli Florets Mixed Fruit Egg Salad/Bun Banana Van Pudding 2% Milk	½ C 2 ½ C 1 ¼ C 1 1 2	Cavatelli Marinara Meatballs Broccoli Florets Mixed Fruit Egg Salad/Bun Banana LC Van Pudding 2% Milk	½ C 2 ½ C 1 ¼ C 1 1 2
W E D N E S D A Y	Homestyle Meatloaf Whipped Potatoes Gravy Green Beans Grapes Sugar Cookie Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ C ¼ C ¼ C 15 1 2oz/1 1 2	Homestyle Meatloaf Whipped Potatoes Gravy Green Beans Grapes Sugar Cookie Ham/Swiss/Bun Peaches 2% Milk	3 oz ½ C ¼ C ¼ C 15 1 2oz/1 1 2	Homestyle Meatloaf Whipped Potatoes Gravy Green Beans Grapes Sugar Cookie Swiss/Bun Peaches 2% Milk	3 oz ½ C ¼ C ¼ C 15 1 2oz/1 1 2	Homestyle Meatloaf Whipped Potatoes Gravy Green Beans Grapes Sugar Cookie Swiss/Bun Peaches 2% Milk	3 oz ½ C ¼ C ¼ C 15 1 2oz/1 1 2
T H U R S D A Y	Oven Roasted Turkey Sweet Potato Casserole Capri Vegetables Mandarin Oranges Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ C ½ C 1 1 2oz 1 2	Oven Roasted Turkey Sweet Potato Casserole Capri Vegetables Mandarin Oranges LC Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ C ½ C 1 1 2oz 1 2	Oven Roasted Turkey Sweet Potato Casserole Capri Vegetables Mandarin Oranges Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ C ½ C 1 1 2oz 1 2	Oven Roasted Turkey Sweet Potato Casserole Capri Vegetables Mandarin Oranges LC Choc Pudding Chicken Salad/Bun Mixed Fruit 2% Milk	3oz ½ C ½ C 1 1 2oz 1 2
F R I D A Y	Buttered Cod Pierogies/Onions Roasted Vegetables Gelatin Turkey/Bun Diced Peaches Applesauce 2% Milk	3oz 3 ½ C 1 2oz 1 1 2	Buttered Cod Pierogies/Onions Roasted Vegetables LC Gelatin Turkey/Bun Diced Peaches Applesauce 2% Milk	3oz 3 ½ C 1 2oz 1 1 2	Buttered Cod Pierogies/Onions Roasted Vegetables Gelatin Turkey/Bun Diced Peaches Applesauce 2% Milk	3oz 3 ½ C 1 2oz 1 1 2	Buttered Cod Pierogies/Onions Roasted Vegetables LC Gelatin Turkey/Bun Diced Peaches Applesauce 2% Milk	3oz 3 ½ C 1 2oz 1 1 2

Carbohydrate Foods