

**MOBILE MEALS WINTER/SPRING / WEEK 3**

	<b>REGULAR</b>		<b>DIABETIC</b>		<b>NAS</b>		<b>DIABETIC NAS</b>	
<b>M O N D A Y</b>	Chicken Francaise	3oz	Chicken Francaise	3oz	Chicken Francaise	3oz	Chicken Francaise	3oz
	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C	Rice Pilaf	½ C
	Roasted Vegetables	½ C	Roasted Vegetables	½ C	Roasted Vegetables	½ C	Roasted Vegetables	½ C
	Gelatin	1	LC Gelatin	1	Gelatin	1	LC Gelatin	1
	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz	Egg Salad/Bun	2oz
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	Apple	1	Apple	1	Apple	1	Apple	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
<b>T U E S D A Y</b>	Ravioli w/ Pink Sauce	5 ¼ C	Ravioli w/ Pink Sauce	5 ¼ C	Ravioli w/ Pink Sauce	5 ¼ C	Ravioli w/ Pink Sauce	5 ¼ C
	Broccoli Florets	½ C	Broccoli Florets	½ C	Broccoli Florets	½ C	Broccoli Florets	½ C
	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1	Mandarin Oranges	1
	Choc Chip Cookie	1	Choc Chip Cookie	1	Choc Chip Cookie	1	Choc Chip Cookie	1
	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1	Turkey/Swiss/Bun	2oz/1
	Banana	1	Banana	1	Banana	1	Banana	1
	2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2
	<b>W E D N E S D A Y</b>	Swedish Meatballs	3	Swedish Meatballs	3	Swedish Meatballs	3	Swedish Meatballs
Fluffy Noodles		½ C	Fluffy Noodles	½ C	Fluffy Noodles	½ C	Fluffy Noodles	½ C
Garden Peas		½ C	Garden Peas	½ C	Garden Peas	½ C	Garden Peas	½ C
Grapes		15	Grapes	15	Grapes	15	Grapes	15
Van Pudding		1	LC Van Pudding	1	Van Pudding	1	LC Van Pudding	1
Ham/Swiss/Bun		2oz/1	Ham/Swiss/Bun	2oz/1	Swiss/Bun	2oz/1	Swiss/Bun	2oz/1
Applesauce		1	Applesauce	1	Applesauce	1	Applesauce	1
2% Milk		2	2% Milk	2	2% Milk	2	2% Milk	2
<b>T H U R S D A Y</b>	Stuffed Peppers	1	Stuffed Peppers	1	Stuffed Peppers	1	Stuffed Peppers	1
	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C	Whipped Potatoes	½ C
	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C	Gravy	¼ C
	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c	Green Beans	½ c
	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1	Mixed Fruit	1
	Sugar Cookies	2	Sugar Cookies	1	Sugar Cookies	2	Sugar Cookies	1
	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz	Chicken Salad/Bun	2oz
	Diced Peaches	1	Diced Peaches	1	Diced Peaches	1	Diced Peaches	1
2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2	
<b>F R I D A Y</b>	BBQ Chicken Breast	3oz	BBQ Chicken Breast	3oz	BBQ Chicken Breast	3oz	BBQ Chicken Breast	3oz
	Parsley Potatoes	½ C	Parsley Potatoes	½ C	Parsley Potatoes	½ C	Parsley Potatoes	½ C
	Prince Edward Veg	½ C	Prince Edward Veg	½ C	Prince Edward Veg	½ C	Prince Edward Veg	½ C
	Choc Pudding	1	LC Choc Pudding	1	Choc Pudding	1	LC Choc Pudding	1
	Salami/Provolone	2oz/1	Salami/Provolone	2oz/1	Salami/Provolone	2oz/1	Salami/Provolone	2oz/1
	Bun	1	Bun	1	Bun	1	Bun	1
	Orange	1	Orange	1	Orange	1	Orange	1
	Peaches	1	Peaches	1	Peaches	1	Peaches	1
2% Milk	2	2% Milk	2	2% Milk	2	2% Milk	2	

**Carbohydrate Foods**