

MOBILE MEALS WINTER/SPRING / WEEK 4

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Honey Garlic Glazed Pork Chop Company Potatoes Roasted Brussels Sprouts Choc Pudding Applesauce Turkey/Swiss/Bun Orange 2% Milk	3 oz ½ C ½ C 1 1 2oz/1 1 2	Honey Garlic Glazed Pork Chop Company Potatoes Roasted Brussels Sprouts LC Choc Pudding Applesauce Turkey/Swiss/Bun Orange 2% Milk	3 oz ½ C ½ C 1 1 2oz/1 1 2	Honey Garlic Glazed Pork Chop Company Potatoes Roasted Brussels Sprouts Choc Pudding Applesauce Turkey/Swiss/Bun Orange 2% Milk	3 oz ½ C ½ C 1 1 2oz/ 1 1 2	Honey Garlic Glazed Pork Chop Company Potatoes Roasted Brussels Sprouts LC Choc Pudding Applesauce Turkey/Swiss/Bun Orange 2% Milk	3 oz ½ C ½ C 1 1 2oz/1 1 2
T U E S D A Y	Chicken Scampi Linguini Noodles Green Beans Peaches Gelatin Ham/Swiss/Bun Banana 2% Milk	3oz ½ C ½ C 1 1 2oz/1 1 2	Chicken Scampi Linguini Noodles Green Beans Peaches LC Gelatin Ham/Swiss/Bun Banana 2% Milk	3oz ½ C ½ C 1 1 2oz/1 1 2	Chicken Scampi Linguini Noodles Green Beans Peaches Gelatin Swiss/Bun Banana 2% Milk	3oz ½ C ½ C 1 1 2oz/ 1 1 2	Chicken Scampi Linguini Noodles Green Beans Peaches LC Gelatin Swiss/Bun Banana 2% Milk	3oz ½ C ½ C 1 1 2oz/1 1 2
W E D N E S D A Y	Jerk Chicken Pasta Broccoli Florets Apple Egg Salad/Bun Vanilla Wafers Mandarin Oranges 2% Milk	½ C ½ C 1 2oz 5 1 2	Jerk Chicken Pasta Broccoli Florets Apple Egg Salad/Bun Vanilla Wafers Mandarin Oranges 2% Milk	½ C ½ C 1 2oz 5 1 2	Jerk Chicken Pasta Broccoli Florets Apple Egg Salad/Bun Vanilla Wafers Mandarin Oranges 2% Milk	½ C ½ C 1 2oz 5 1 2	Jerk Chicken Pasta Broccoli Florets Apple Egg Salad/Bun Vanilla Wafers Mandarin Oranges 2% Milk	½ C ½ C 1 2oz 5 1 2
T H U R S D A Y	Oven Roasted Turkey Whipped Potatoes Gravy Prince Edward Veg Mixed Fruit Choc Chip Cookie Chicken Salad/Bun Grapes 2% Milk	3oz ½ C ¼ C ½ C 1 1 2oz 15 2	Oven Roasted Turkey Whipped Potatoes Gravy Prince Edward Veg Mixed Fruit Choc Chip Cookie Chicken Salad/Bun Grapes 2% Milk	3oz ½ C ¼ C ½ C 1 1 2oz 15 2	Oven Roasted Turkey Whipped Potatoes Gravy Prince Edward Veg Mixed Fruit Choc Chip Cookie Chicken Salad/Bun Grapes 2% Milk	3oz ½ C ¼ C ½ C 1 1 2oz 15 2	Oven Roasted Turkey Whipped Potatoes Gravy Prince Edward Veg Mixed Fruit Choc Chip Cookie Chicken Salad/Bun Grapes 2% Milk	3oz ½ C ¼ C ½ C 1 1 2oz 15 2
F R I D A Y	Buttercrumb Cod Pierogies/Onions Sliced Carrots Applesauce Van Pudding Diced Peaches Chicken Salad/Bun 2% Milk	3oz 3 ½ C 1 1 1 2oz 2	Buttercrumb Cod Pierogies/Onions Sliced Carrots Applesauce LC Van Pudding Diced Peaches Chicken Salad/Bun 2% Milk	3oz 3 ½ C 1 1 1 2oz 2	Buttercrumb Cod Pierogies/Onions Sliced Carrots Applesauce Van Pudding Diced Peaches Chicken Salad/Bun 2% Milk	3oz 3 ½ C 1 1 1 2oz 2	Buttercrumb Cod Pierogies/Onions Sliced Carrots Applesauce LC Van Pudding Diced Peaches Chicken Salad/Bun 2% Milk	3oz 3 ½ C 1 1 1 2oz 2