

MOBILE MEALS/BEHAVIORAL HEALTH / SPRING MENU / WEEK 6

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Beef Stroganoff Peas Fluffy Noodles Gelatin Lorna Doone Egg Salad//Bun Mixed Fruit 2% Milk	scp ½ c ½ c 1 1 ¼ C 1 2	Beef Stroganoff Peas Fluffy Noodles LC Gelatin Lorna Doone Egg Salad//Bun Mixed Fruit 2% Milk	scp ½ c ½ c 1 1 ¼ C 1 2	Beef Stroganoff Peas Fluffy Noodles Gelatin Lorna Doone Egg Salad//Bun Mixed Fruit 2% Milk	scp ½ c ½ c 1 1 ¼ C 1 2	Beef Stroganoff Peas Fluffy Noodles LC Gelatin Lorna Doone Egg Salad//Bun Mixed Fruit 2% Milk	scp ½ c ½ c 1 1 ¼ C 1 2
T U E S D A Y	Stuffed Peppers Roasted Garlic Cauliflower Mashed Potatoes Gravy Banana Vanilla Pudding Ham/Swiss/Bun Mandarin Oranges 2% Milk	1 ½ c ½ c ½ c 1 1 2 2/1 1 2	Stuffed Peppers Roasted Garlic Cauliflower Mashed Potatoes Gravy Banana LC Van Pudding Ham/Swiss/Bun Mandarin Oranges 2% Milk	1 ½ c ½ c ½ c 1 1 2 2/1 1 2	Stuffed Peppers Roasted Garlic Cauliflower Mashed Potatoes Gravy Banana Vanilla Pudding Ham/Swiss/Bun Mandarin Oranges 2% Milk	1 ½ c ½ c ½ c 1 1 2 2/1 1 2	Stuffed Peppers Roasted Garlic Cauliflower Mashed Potatoes Gravy Banana LC Van Pudding Ham/Swiss/Bun Mandarin Oranges 2% Milk	1 ½ c ½ c ½ c 1 1 2 2/1 1 2
W E D N E S D A Y	Roasted Turkey Stuffing w/ Gravy Buttered Corn Applesauce Choc Chip Cookies Turkey/Bun Orange 2% Milk	3oz ½ c ½ c 1 1 2 oz 1 2	Roasted Turkey Stuffing w/ Gravy Buttered Corn Applesauce Choc Chip Cookies Turkey/Bun Orange 2% Milk	3oz ½ c ½ c 1 1 2oz 1 2	Roasted Turkey Stuffing w/ Gravy Buttered Corn Applesauce Choc Chip Cookies Turkey/Bun Orange 2% Milk	3oz ½ c ½ c 1 1 2 oz 1 2	Roasted Turkey Stuffing w/ Gravy Buttered Corn Applesauce Choc Chip Cookies Turkey/Bun Orange 2% Milk	3oz ½ c ½ c 1 1 2 oz 1 2
T H U R S D A Y	Chicken Francaise Parsley Potatoes Green Beans Gelatin Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz ½ c ½ c 1 1 2oz 15 2	Chicken Francaise Parsley Potatoes Green Beans LC Gelatin Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz ½ c ½ c 1 1 2oz 15 2	Chicken Francaise Parsley Potatoes Green Beans Gelatin Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz ½ c ½ c 1 1 2oz 15 2	Chicken Francaise Parsley Potatoes Green Beans LC Gelatin Choc Chip Cookies Salami/Bun Grapes 2% Milk	3 oz ½ c ½ c 1 1 2oz 15 2
F R I D A Y	Herb Crusted Cod Pierogies w/ Onion Chocolate Pudding Applesauce Turkey/Bun Mixed Fruit 2% Milk	3oz 2 1 1 2 oz 1 2	Herb Crusted Cod Pierogies w/ Onion LC Choc Pudding Applesauce Turkey/Bun Mixed Fruit 2% Milk	3oz 2 1 1 2 oz 1 2	Herb Crusted Cod Pierogies w/ Onion Chocolate Pudding Applesauce Turkey/Bun Mixed Fruit 2% Milk	3oz 2 1 1 2 oz 1 2	Herb Crusted Cod Pierogies w/ Onion LC Choc Pudding Applesauce Turkey/Bun Mixed Fruit 2% Milk	3oz 2 1 1 2 oz 1 2