

MVNP

REGULAR DIET

February 2012 Menu



<p>30 Chicken Bst Fillet Cranberry Sauce Dirty Rice California Veggies Fresh Orange -- All Low Fat Muffin</p> <p>Calories: 663 Fat: 20% Chol: 86 Na: 712 CHO: 90</p>	<p>31 Grape Juice Beef Meatballs Ziti & Marinara Sauce Mixed Vegetables Pears -- All Italian Bread</p> <p>Calories: 660 Fat: 24% Chol: 52 Na: 1148 CHO: 95</p>	<p>1-Feb Teriyaki Chicken White Rice Gr & Gold Beans Peach Cup -- Reg. D' Juice Pk Peach Multigrain Bread</p> <p>Calories: 599 Fat: 19% Chol: 68 Na: 997 CHO: 93</p>	<p>2 LS Hot Dog Mustard & Relish New Eng. Bk Beans Coleslaw Fruited Gelatin Diet Gelatin Hot Dog Roll</p> <p>Calories: 837 Fat: 38% Chol: 78 Na: 1663 CHO: 106</p>	<p>3 Brd Baked Fish Haystack Potato Ketchup Peas and Carrots But'scotch Pudding Diet Pudding Light Rye Bread</p> <p>Calories: 798 Fat: 29% Chol: 67 Na: 892 CHO: 101</p>
<p>6 Swedish Meatballs Whipped Potatoes Succotash</p> <p>Peach Cup D' Juice Pk Peach Whole Wheat Bread</p> <p>Calories: 847 Fat: 38% Chol: 72 Na: 710 CHO: 99</p>	<p>7 Chicken Fillet LF Mayonnaise Grn Beans & Tom. LS Potato Chips Tapioca Pudding Diet Pudding Sandwich Roll</p> <p>Calories: 865 Fat: 38% Chol: 93 Na: 1274 CHO: 90</p>	<p>8 BBQ Chicken Brst Red Bliss Whip Pot Carrots & Turnips</p> <p>Fresh Banana Whole Wheat Bread</p> <p>Calories: 540 Fat: 27% Chol: 82 Na: 732 CHO: 60</p>	<p><i>Sweetheart Lunch</i> Roast Turkey/Gravy Cranberry Sauce Herb & But Whip Pot. Peas & Carrots Valentine Cookie Dinner Roll</p> <p>Calories: 763 Fat: 36% Chol: 72 Na: 1071 CHO: 89</p>	<p>10 Ame. Chop Suey Parmesan Cheese Broc & Cauliflower</p> <p>Pears Dark Rye Bread</p> <p>Calories: 580 Fat: 30% Chol: 70 Na: 646 CHO: 68</p>
<p>13 Chicken Marsala Baked Potato LF Sour Cream Glazed Carrots</p> <p>Sherbet Cup Low Fat Muffin</p> <p>Calories: 777 Fat: 22% Chol: 82 Na: 806 CHO: 115</p>	<p>14 Potato Crunch Fish Dirty Rice Whip Winter Squash</p> <p>Pineapple Wh Wheat Bread</p> <p>Calories: 735 Fat: 34% Chol: 91 Na: 682 CHO: 91</p>	<p>15 Stuffed Shells Marinara Sauce Green & Gold Bns Parmesan Cheese</p> <p>Fresh Orange Light Rye Bread</p> <p>Calories: 590 Fat: 30% Chol: 138 Na: 1272 CHO: 78</p>	<p><i>Birthday Lunch</i> Roast Pork & Gravy Sour Cream & Chive Whipped Potato Peas and Corn Birthday Cake Plain Cake Diets Snowflake Roll</p> <p>Calories: 999 Fat: 36% Chol: 102 Na: 906 CHO: 102</p>	<p>17 Chicken Brst Fillet Cranberry Sauce Whip Sweet Potato Mixed Vegetable Peach Cup D' Juice Pk Peach Multigrain Bread</p> <p>Calories: 686 Fat: 20% Chol: 86 Na: 796 CHO: 86</p>
<p>20</p>  <p><i>Presidents' Day No Meal</i></p>	<p>21 LS Ham with P'apple Ginger Sc Potatoes O'Brien Broc & Cauliflower Fresh Apple -- All Oatmeal Bread</p> <p>Calories: 847 Fat: 38% Chol: 72 Na: 710 CHO: 99</p>	<p><i>Ash Wednesday</i> Breaded Bkd Fish Red Bliss Whip Pot French Grn Beans Cutie Pie, Site & MOW /Diets: Lorna Dark Rye Bread</p> <p>Calories: 719 Fat: 30% Chol: 49 Na: 845 CHO: 88</p>	<p>23 Cranberry Juice Thai Chicken White Rice Mixed Vegetables Ice Cream Cup Low Fat Muffin</p> <p>Calories: 743 Fat: 22% Chol: 93 Na: 928 CHO: 115</p>	<p>24 Macaroni & Cheese Zucchini & Stewed Tomato</p> <p>Pears Dinner Roll</p> <p>Calories: 1092 Fat: 37% Chol: 80 Na: 1189 CHO: 130</p>
<p>27 Baked Salmon Dill Sauce White Rice Mixed Vegetables Pineapple Oatmeal Bread</p> <p>Calories: 652 Fat: 36% Chol: 72 Na: 484 CHO: 73</p>	<p>28 Fruit Punch Mild Chili Low Fat Sour Cream Kernel Corn Pears Corn Bread</p> <p>Calories: 804 Fat: 33% Chol: 109 Na: 967 CHO: 98</p>	<p>29 Baked Chicken Whip Pot. & Chives Peas & Carrots Fruited Gelatin Diet Gelatin Wh Wheat Bread</p> <p>Calories: 712 Fat: 37% Chol: 77 Na: 646 CHO: 82</p>	<p>1 Beef Meatloaf/Gravy Red Bliss Whip Pot. California Veggies Cutie Pie, Sites & MOW /Diets Fig New. Wh Wh Dinner Roll</p> <p>Calories: 823 Fat: 36% Chol: 104 Na: 905 CHO: 99</p>	<p>2 Cheese Ravioli Marinara Sauce Green Beans Parmesan Cheese Fresh Orange Italian Bread</p> <p>Calories: 708 Fat: 22% Chol: 97 Na: 1497 CHO: 105</p>

Meals include low-fat milk & margarine upon request. Suggested donation is \$2.00 per meal.
 Chol = Cholesterol in milligrams, Na = Sodium in milligrams, CHO = Carbohydrates in grams
MENU SUBJECT TO CHANGE WITHOUT NOTICE.