

MVNP

REGULAR DIET

January 2012 Menu

<p>2</p>  <p>NEW YEAR'S HOLIDAY</p>	<p>3 Brunch</p> <p>Orange Juice Cheerios Cheese Omelet Sausage Links (3) Fruit Yogurt Cherry Loaf</p> <p>Calories: 757 Fat: 36% Chol: 183 Na: 867 CHO: 92</p>	<p>4</p> <p>Garlic Bkd Chicken Rst Red Potatoes Broc & Cauliflower Choc Pudding Diet Pudding Wh Wh Bread</p> <p>Calories: 694 Fat: 39% Chol: 69 Na: 693 CHO: 73</p>	<p>5</p> <p>Roast Pork w/ Gravy Whip Pot & Chives Peas & Carrots Peach Cup -- Reg. D' Juice Pk Peach Wh Wh Dinner Roll</p> <p>Calories: 815 Fat: 36% Chol: 99 Na: 591 CHO: 93</p>	<p>6</p> <p>Stuffed Shells LF Alfredo Sauce Peas & Mushrooms Fresh Orange -- All Oatmeal Bread</p> <p>Calories: 718 Fat: 32% Chol: 144 Na: 923 CHO: 86</p>
<p>9</p> <p>LS Ham with Fruit Sauce Whip Sweet Potato Cauliflower & Red Peppers Ice Cream Cup -- All Snowflake Dinner Roll</p> <p>Calories: 602 Fat: 30% Chol: 75 Na: 1431 CHO: 81</p>	<p>10</p> <p>Barbeque Chicken Whip Potatoes Tuscany Veggies Pears -- All Multigrain Bread</p> <p>Calories: 764 Fat: 24% Chol: 158 Na: 664 CHO: 77</p>	<p>11 Mild Chili</p> <p>LF Sour Cream Potato Wedges Ketchup Kernel Corn Peach Cup -- Reg. D' Juice Pk Peach Scali Bread</p> <p>Calories: 879 Fat: 30% Chol: 105 Na: 909 CHO: 109</p>	<p>12</p> <p>Our Own Meatloaf Gravy Red Bliss Whip Pot California Veggies Arctic Ice Ice Cream -- Diets Wh Wheat Bread</p> <p>Calories: 787 Fat: 32% Chol: 105 Na: 713 CHO: 92</p>	<p>13</p> <p>Baked Fish with Florentine Sauce Rst Red Potatoes Peas and Carrots Fresh Banana -- All Oatmeal Bread</p> <p>Calories: 617 Fat: 27% Chol: 56 Na: 780 CHO: 86</p>
<p>16</p>  <p>Martin Luther King Day</p>	<p>17</p> <p>Grilled Chicken Brea Chuckwagon Corn Mayonnaise Packet Carrot Raisin Salad Fresh Orange -- All Sandwich Roll</p> <p>Calories: 723 Fat: 25% Chol: 196 Na: 745 CHO: 67</p>	<p>18</p> <p>Cheese Lasagna Marinara Sauce Broccoli & Cauliflow Parmesan Cheese Fruited Gelatin Diet Gelatin Bread Stick</p> <p>Calories: 740 Fat: 28% Chol: 154 Na: 982 CHO: 100</p>	<p>19 Birthday Meal</p> <p>Cranberry Juice Thai Chicken (Spicy) White Rice Mixed Vegetables Birthday Cake Plain Cake Diets Snowflake Dinner Roll</p> <p>Calories: 852 Fat: 21% Chol: 69 Na: 1336 CHO: 135</p>	<p>20</p> <p>Macaroni & Cheese Zucc & Stewed Tom. Applesauce -- All Low Fat Muffin</p> <p>Calories: 1125 Fat: 35% Chol: 80 Na: 1131 CHO: 144</p>
<p>23</p> <p>Rotisserie Chicken Rice Pilaf Peas & Carrots Cranberry Sauce Pineapple -- All Oatmeal Bread</p> <p>Calories: 901 Fat: 49% Chol: 162 Na: 574 CHO: 73</p>	<p>24</p> <p>Hamburger Ketchup Baked Beans Coleslaw Pears -- All Hamburger Roll</p> <p>Calories: 702 Fat: 33% Chol: 83 Na: 1328 CHO: 85</p>	<p>25 Pot Crunch Fish</p> <p>O'Brien Potato Ketchup Carrot Coins Tapioca Pudding Diet Pudding Light Rye Bread</p> <p>Calories: 859 Fat: 39% Chol: 107 Na: 1178 CHO: 100</p>	<p>26</p> <p>Cranberry Juice Chicken Tetrzzini Mixed Vegetables Hermit Cookie -- All Dinner Roll</p> <p>Calories: 788 Fat: 27% Chol: 99 Na: 875 CHO: 97</p>	<p>27</p> <p>Kielbasa Potato Wedges Kernel Corn Mustard Fresh Apple -- All Small Sub Roll</p> <p>Calories: 890 Fat: 72% Chol: 355 Na: 1525 CHO: 92</p>
<p>30</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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>

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.