Merrimack Valley Nutrition Project Regular Menu for June 2009

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
NO MEALS SERVED **SENIOR CENTER CLOSES AT NOON**	Apple Juice Stuffed Peppers Marinara Sauce Cauliflower & Red Peppers Chilled Pineapple -- All Light Rye Bread	Chicken Salad Cold Plate Shredded Lettuce Cherry Tomatoes Potato Salad Tapioca Pudding Diet Pudding Pita Bread	Roast Turkey with Gravy Red Bliss Whip Potatoes Peas & Carrots Chilled Pears -- All Low Fat Muffin	Stuffed Salmon Dill Sauce Herb Mashed Potatoes Broccoli & Cauliflower Fruited Gelatin Diet Gelatin Whole Wheat Bread
Na: 482 mg CHO: 69 gm	**Calories: 619** **Fat: 32% Chol: 60 mg** **Na: 1195 mg CHO: 82 gm**	**Calories: 767** **Fat: 34% Chol: 108 mg** **Na: 809 mg CHO 77 gm**	**Calories: 721** **Fat: 31% Chol: 82 mg** **Na: 1117 mg CHO: 89+gm**	**Calories: 716** **Fat: 27% Chol: 52 mg** **Na: 779 mg CHO 52+ gm**
8 Cranberry Juice Breaded Fish Strips Tartar Sauce Dirty Rice Mixed Vegetables Chilled Peaches -- All Oatmeal Bread	**9** Sweet & Sour Meatballs Rice Florentine Succotash Mandarin Oranges -- All Whole Wheat Bread	**10** Egg, Cheese and Broccoli Bake Stewed Tomatoes and Zucchini Vanilla Pudding Diet Pudding Low Fat Muffin	**11 Barbeque Dinner** BBQ Chicken Breast Whipped Potato Italian Blend Vegetables Tossed Salad/Dressing Pound Cake -- All Dinner Roll	**12** Pineapple Juice Egg Salad Cold Plate Mustard Packet Macaroni Salad Cole Slaw Fresh Banana -- All Light Rye Bread
Calories: 741 **Fat: 39% Chol: 66 mg** **Na: 1055 mg CHO 88 gm**	**Calories: 724** **Fat: 36% Chol: 52 mg** **Na: 738 mg CHO: 93 gm**	**Calories: 674** **Fat: 33% Chol: 497+ mg** **Na: 871 mg CHO: 83 gm**	**Calories: 826** **Fat: 26% Chol: 114 mg** **Na:1226 mg CHO:107 gm**	**Calories: 839** **Fat: 32% Chol: 233 mg** **Na: 586 mg CHO: 69 gm**
15 Salisbury Steak with Gravy Boiled Potato Carrot Coins Fruit Yogurt/Diet Yogurt LF Muffin	**16** Cranberry Juice Macaroni & Cheese Stewed Tomatoes and Green Beans Chilled Pears -- All Whole Wheat Bread	**17** Stuffed Cabbage Marinara Sauce Mixed Vegetables Tossed Salad/Dressing Fresh Apple -- All Oatmeal Bread	**18 Birthday Dinner** Stuffed Chicken Breast Gravy/Cranberry Sauce Whipped Potatoes California Blend Veggies Birthday Cake/D' Angel MOW Cup Cake Snowflake Dinner Roll	**19** Sliced Turkey Cold Plate Mayonnaise Packet Red Bliss Potato Salad Three Bean Salad Chilled Applesauce -- All Light Rye Bread
Calories: 681 **Fat: 26% Chol: 58+ mg** **Na: 918 mg CHO: 95 gm**	**Calories: 844** **Fat: 34% Chol: 59 mg** **Na: 830 mg CHO: 116gm**	**Calories: 673** **Fat: 36% Chol: 66 mg** **Na: 1158 mg CHO: 81 gm**	**Calories: 1010** **Fat: 31% Chol: 53 mg** **Na:1422 mg CHO: 143 gm**	**Calories: 549** **Fat: 33% Chol: 60 mg** **Na: 1007 mg CHO: 59 gm**
22 Low Salt Hot Dog Mustard & Relish Baked Beans Coleslaw Ls Potato Chips Chilled Pineapple -- All Hot Dog Roll	**23** Tuna Salad Cold Plate Shredded Lettuce Potato Salad Carrot & Raisin Salad Chocolate Pudding Diet Pudding Dark Rye Bread	**24** Apricot Glazed Chicken Mashed Potatoes Peas & Pearl Onions Butter Cookie -- All Oatmeal Bread	**25 Summer Picnic** Lemonade (Sites) Fruit Punch (MOW) Hamburger/Ketchup Pkt Corn on the Cob LS Potato Chips Fresh Orange -- All Hamburger Bun	**26** Baked Ham with Fruit Sauce Scalloped Potatoes Broccoli, Cauliflower & Red Peppers Mandarin Oranges -- All LF Muffin
Calories: 864 **Fat: 24% gm Chol: 151 mg** **Na: 1125 mg CHO: 113 gm**	**Calories: 850** **Fat: 31% Chol: 174 mg** **Na: 1023 mg CHO: 69 gm**	**Calories: 669** **Fat: 21% Chol: 89 mg** **Na: 545 mg CHO: 89 gm**	**Calories: 751** **Fat: 33% Chol: 66 mg** **Na: 714 mg CHO: 96 gm**	**Calories: 635** **Fat: 19% Chol: 50+ mg** **Na:1652 mg CHO: 98 gm**
29 Roasted Chicken Breast with Gravy Cranberry Sauce Garlic Mashed Potatoes Glazed Carrots Chilled Pears -- All Whole Wheat Dinner Roll	**30** Grape Juice Stuffed Shells Marinara Sauce Green & Gold Vegetables Fresh Orange -- All Dark Rye Bread	**1-Jul** Potato Crunch Fish Lemon Juice Packet Red Bliss Whip Potatoes Broccoli Cuts Rice Pudding Diet Pudding Oatmeal Bread	**2 July 4th Picnic** Fruit Punch Beef & Veal Sausage Peppers & Onions Wild Rice w/ Mushrooms Kernel Corn/Mustard Pkt Fig Bars Small Sub Roll	**3** ***CLOSED*** ***FOR*** ***JULY 4TH*** ***HOLIDAY*** ***ENJOY***
Calories: 733 **Fat: 27% Chol: 82 mg** **Na: 642 mg CHO: 93 gm**	**Calories: 640** **Fat: 24% Chol: 133 mg** **Na: 1180 mg CHO: 94gm**	**Calories: 892** **Fat: 35% Chol: 108 mg** **Na: 833 mg CHO: 111 gm**	**Calories: 737** **Fat: 36% Chol: 69+ mg** **Na: 1031 mg CHO: 96 gm**	***THE*** ***CELEBRATION***

Chol = Cholesterol, Na = Sodium, CHO = Carbohydrates, % Fat = total % calories from Fat

All meals include low-fat milk & margarine available upon request. **Suggested donation is $2.00 per meal.**

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE