



## January 2021 Vegetarian HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
<b>1</b> New Years Day!														
<b>4</b>	Teriyaki Tofu White Rice Kale & Corn Scali Bread Chocolate Pudding Margarine	<b>NA+</b> 405 25 12 175 120 30	<b>5</b>	Country "Fried" Tofu w/ Gravy Garlic Mashed Potatoes Carrots Wheat Roll Fruit Margarine	<b>NA+</b> 123 32 24 180 0 30	<b>6</b>	Unstuffed Roasted Pepper Bowl w/ Lentils & Rice Broccoli Scali Bread Fruit Margarine	<b>NA+</b> 329 25 0 175 0 30	<b>7</b>	Veggie Hot Dog Link Wheat Hot Dog Bun Baked Beans California Blend Vegetables Fruit Ketchup	<b>NA+</b> 500 300 140 15 0 85	<b>8</b>	Vegetarian Carbonara WG Cheese Ravioli Brussel Sprouts Wheat Roll Apple Loaf Cake Margarine	<b>NA+</b> 118 360 20 180 100 30
Cal:748 Fat:21% Na:892mg		892	Cal:763 Fat:37% Na:514mg		514	Cal:780 Fat:21% Na:684mg		684	Cal:703 Fat:22% Na:1165mg		1165	Cal:882 Fat:25% Na:933mg		933
<b>11</b>	Tuscan Tofu Mashed Potatoes Braised Tomatoes & White Beans Scali Bread Vanilla Pudding Margarine	<b>NA+</b> 150 32 120 175 115 30	<b>12</b>	Cheesy Meatball Pasta Bake (Veggie) Pasta Green Beans w/ Peppers Wheat Roll Fruit Margarine	<b>NA+</b> 690 0 0 180 0 30	<b>13</b>	Thai Curry Tofu White Rice Broccoli Wheat Roll Fruit Margarine	<b>NA+</b> 142 25 0 180 0 30	<b>14</b>	<b>Holiday Meal</b> Crispy "Fried" Tofu Macaroni & Cheese Collard Greens Wheat Roll Holiday Cookie Margarine	<b>NA+</b> 99 338 65 180 90 30	<b>15</b>	Vegetarian Meatloaf w/ Gravy Roasted Potatoes Green Peas Scali Bread Fruit Margarine	<b>NA+</b> 287 79 0 175 0 30
Cal:701 Fat:31% Na:747mg		747	Cal:689 Fat:27% Na:1025mg		1025	Cal:719 Fat:23% Na:502mg		502	Cal:1057 Fat:36% Na:927mg		927	Cal:732 Fat:37% Na:696mg		696
<b>18</b>	<b>MLK Day!</b>		<b>19</b>	Vegetarian Chili w/ Shredded Cheese w/ Buttermilk Biscuit Broccoli Chocolate Pudding Margarine	<b>NA+</b> 499 410 0 120 30	<b>20</b>	Vegan Chik'n Cutlet Spaghetti in Sweet Tomato Sauce Kale & Corn Wheat Roll Fruit Margarine	<b>NA+</b> 260 131 12 180 0 30	<b>21</b>	Roasted Tofu w/ Gravy Stuffed Baked Potato Green Beans w/ Peppers Wheat Roll Oatmeal Cookie Margarine	<b>NA+</b> 99 15 0 180 90 30	<b>22</b>	Maple Glazed Vegan Cutlet (no bacon) Herb Stuffing Carrots Cornbread Loaf Fruit Margarine	<b>NA+</b> 297 160 24 160 0 30
			Cal:755 Fat:28% Na:1184mg		1184	Cal:690 Fat:16% Na:738mg		738	Cal:742 Fat:30% Na:539mg		539	Cal:1027 Fat:38% Na:796mg		796
<b>25</b>	Braised Beans & Vegetables w/ Gravy Mashed Potatoes Brussel Sprouts Scali Bread Vanilla Pudding Margarine	<b>NA+</b> 288 32 20 175 115 30	<b>26</b>	Three Bean Stuffed Pepper Wild Rice Broccoli w/ Peppers Wheat Roll Fruit Margarine	<b>NA+</b> 276 14 0 180 0 30	<b>27</b>	Black Eyed Pea Stew (Vegetarian) Roasted Potatoes Beets & Greens Cornbread Loaf Fruit Margarine	<b>NA+</b> 143 79 70 160 0 30	<b>28</b>	Lemon Pepper & Herb Tofu Rice Pilaf Mixed Vegetables Scali Bread Fruit Margarine	<b>NA+</b> 374 29 18 175 0 30	<b>29</b>	Tofu Anna Maria Egg Noodles Kale w/ Peppers Wheat Roll Fruit Margarine	<b>NA+</b> 162 12 12 180 0 30
Cal:710 Fat:31% Na:785mg		785	Cal:722 Fat:19% Na:625mg		625	Cal:821 Fat:35% Na:607mg		607	Cal:705 Fat:22% Na:751mg		751	Cal:759 Fat:22% Na:521mg		521

City Fresh Foods has implemented contactless delivery to ensure all parties remain safe and healthy due to COVID-19. Our HDM drivers will knock on your door or ring your doorbell and leave the meals at your door, please acknowledge them. **They will not leave your meal if you do not acknowledge them.**