



April 2021 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday							
						1	Easter Holiday Meal Honey Glazed Veggie Sausage w/ Raisins 348 Scalloped Potatoes 304 Carrots 24 Wheat Roll 180 Fruit 0 Margarine 30 Cal:865 Na:1011mg	2	Beans in Tomato Caper Sauce & Parmesan 546 Whole Grain Pasta 0 Vegetable Medley 24 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:704 Na:910mg	910					
5	Vegetarian Shepherd's Pie 199 Mashed Potatoes 32 Mixed Vegetables 18 Wheat Roll 180 Vanilla Pudding 130 Margarine 30 Cal:698 Na:714mg	NA+	6	Eggplant Parmesan 456 Whole Grain Pasta 0 Green Beans w/ Peppers 0 Scali Bread 175 Tropical Fruit Cup 0 Margarine 30 Cal:742 Na:786mg	NA+	7	Vegetarian Tetrazzini 368 Whole Grain Pasta 0 Broccoli 0 Wheat Roll 180 Mini Caramel Cheesecake 350 Margarine 30 Cal:800 Na:1053mg	NA+	8	Tuscan Zucchini Fritters 314 Garlic Mashed Potatoes 32 Braised Tomatoes & White Beans 332 Scali Bread 175 Clementines 2 Margarine 30 Cal:847 Na:1010mg	NA+	9	High Sodium Meal Whole Grain Stuffed Shells 380 w/ Lentil Bolognese & Parmesan 471 Brussel Sprouts 15 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:702 Na:1206mg	NA+	1206
12	Egg Roll Skillet w/ Tofu 338 White Rice 25 Kale w/ Peppers 12 Scali Bread 175 Chocolate Pudding 135 Margarine 30 Cal:730 Na:840mg	840	13	Balsamic Tofu 57 Vegetable Rice Pilaf 29 Broccoli 0 Wheat Roll 180 Fruit 0 Margarine 30 Cal:709 Na:421mg	NA+	14	Caprese Vegan Chik'n 340 Wild Rice 20 Vegetable Medley 24 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:869 Na:629mg	NA+	15	High Sodium Meal Vegetarian Meatloaf w/ Gravy 571 Baked Stuffed Potato 370 Carrots 24 Scali Bread 175 Clementines 2 Margarine 30 Cal:702 Na:1297mg	NA+	16	Sweet Potato White Bean Patty 460 WG Macaroni & Cheese 335 Mixed Vegetables 18 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:1007 Na:1153mg	NA+	1153
19	BBQ Bean & Cheese Casserole 710 Orzo 0 Kale & Corn 18 Wheat Roll 180 Vanilla Pudding 130 Margarine 30 Cal:802 Na:1193mg	1193	20	Braised Honey Garlic White Beans 344 Mashed Potatoes 32 Vegetable Medley 24 Wheat Roll 180 Fruit 0 Margarine 30 Cal:691 Na:735mg	NA+	21	Vegetarian Chop Suey w/ Parm Cheese 543 Whole Grain Pasta 0 Broccoli 0 Scali Bread 175 Banana 0 Margarine 30 Cal:704 Na:873mg	NA+	22	Tofu w/ Sundried Tomato Cream Sauce 255 Couscous 29 Carrots 24 Scali Bread 175 Tropical Fruit Cup 0 Margarine 30 Cal:702 Na:638mg	NA+	23	Stir Fry Tofu w/ Vegetables 345 Brown Rice 83 Green Peas 0 Snack Loaf 150 Fruit 0 Margarine 30 Cal:691 Na:733mg	NA+	733
26	Vegetarian Pot Pie 196 w/ WG Buttermilk Biscuit 410 California Blend Vegetables 15 Chocolate Pudding 135 Margarine 30 Cal:727 Na:911mg	911	27	Spiced Tofu w/ Apples 93 Couscous 29 Green Beans w/ Peppers 0 Wheat Roll 180 Peaches 0 Margarine 30 Cal:728 Na:457mg	NA+	28	Roast Veggie Sausage w/ Gravy 588 Mashed Potatoes 32 Carrots 24 Garlic Bread 210 Double Chocolate Brownie 90 Margarine 30 Cal:769 Na:1099mg	NA+	29	Vegan Chik'n Cutlet 260 Macaroni & Cheese 335 Mixed Vegetables 18 Scali Bread 175 Clementines 1 Margarine 30 Cal:804 Na:944mg	NA+	30	Tofu & Artichoke Picatta 441 Whole Grain Pasta 0 Broccoli 0 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:710 Na:781mg	NA+	781

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.**