



May 2021 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Braised Veggie Sausage w/ Vegetables Polenta Green Beans w/ Peppers Wheat Roll Vanilla Pudding Margarine Cal:719 CHO:80g Na:1029mg	NA+ 567 36 6 135 130 30 1029	4	Lemon Ricotta Parmesan Tofu Vegetable Rice Pilaf Carrots White Bread Tropic Fruit Cup Margarine Cal:704 CHO:98 Na:544mg	NA+ 178 31 30 150 0 30 544	5	Chik'n Cutlet w/ Gravy Mashed Potatoes California Blend Vegetables White Bread Key Lime Pie Margarine Cal:808 CHO:103g Na:785mg	NA+ 332 32 21 150 95 30 785	6	Veggie Burger Patty w/ Gravy Mashed Potatoes Collard Greens Wheat Roll Pears Margarine Cal:690 CHO:97g Na:1013mg	NA+ 621 32 65 135 5 30 1013	7	Orange Glazed Tofu Brown Rice Broccoli Wheat Roll Banana Margarine Cal:721 CHO:110g Na:551mg	NA+ 159 95 6 135 1 30 551
10	Chickpea Carbonara w/ Mozzarella Garnish Orzo Pasta Cauliflower w/ Peppers White Bread Chocolate Pudding Margarine Cal:733 CHO:91g Na:807mg	NA+ 338 0 29 150 135 30 807	11	Chik'n Cutlet w/ Basil Pesto Mayo Dipping Sauce Rice Pilaf Kale & Pepper Blend White Bread Applesauce Margarine Cal:777 CHO:97g Na:773mg	NA+ 409 31 18 150 10 30 773	12	Roast Veggie Sausage w/ Gravy Mashed Potatoes Green Peas Wheat Roll Fig Bar Margarine Cal:844 CHO:105g Na:951mg	NA+ 588 32 6 135 35 30 951	13	Cheesy Vegetarian Meatball Pasta Bake Whole Grain Pasta Broccoli Wheat Roll Peach Cup Margarine Cal:699 CHO:89g Na:955mg	NA+ 654 0 6 135 5 30 955	14	High Sodium Meal BBQ Tofu Whole Grain Macaroni & Cheese Beets & Greens Wheat Roll Mandarin Oranges Margarine Cal:907 CHO:99g Na:1351mg	NA+ 615 325 116 135 5 30 1351
17	Veggie Sausage Crumbles w/ Vegetables Baked Potato Vegetable Medley White Bread Vanilla Pudding Margarine Sour Cream Cal:742 CHO:113g Na:998mg	NA+ 502 17 24 150 130 30 20 998	18	Tofu Taco Skillet w/ Stewed Tomatoes & Cheese Mexican Rice Black Beans, Corn & Peppers Wheat Roll Pineapple Margarine Cal:773 CHO:90g Na:738mg	NA+ 318 31 94 135 5 30 738	19	Tofu Artichoke Anna Maria Egg Noodles Green Beans w/ Peppers Wheat Roll Clementines Margarine Cals:721 CHO:101g Na:621mg	NA+ 313 10 6 135 2 30 621	20	Sweet Corn Fritter Wild Rice Broccoli & Peppers White Bread Fresh Banana Margarine Cal:900 CHO:104g Na:952mg	NA+ 614 26 6 150 1 30 952	21	Vegetarian Sausage Link w/ Peppers & Onions Roasted Potatoes Carrots Wheat Roll Mandarin Oranges Margarine Cal:692 CHO:62g Na:954mg	NA+ 502 127 30 135 5 30 954
24	Roasted Tofu w/ Gravy Baked Sweet Potatoes & Cranberries Brussel Sprouts Wheat Roll Chocolate Pudding Margarine Cal:783 CHO:107g Na:673mg	NA+ 149 78 21 135 135 30 673	25	Coconut Curry Tofu & Sweet Potatoes White Rice Carrots Wheat Roll Pineapple Margarine Cal:717 CHO:91g Na:547mg	NA+ 197 25 30 135 5 30 547	26	Chickpea & Artichoke Scampi Whole Grain Pasta California Blend Vegetables Wheat Roll Clementines Margarine Cal:674 CHO:89g Na:879mg	NA+ 567 0 21 135 1 30 879	27	Holiday Meal Veggie Burger on Wheat Bun Potato Wedges Green Beans w/ Peppers Pound Cake Ketchup Cal:749 CHO:120g Na:1336mg	NA+ 860 20 6 240 85 1336	28	Lemon Rosemary Chik'n Cutlet Polenta Kale & Pepper Blend White Bread Pears Margarine Cal:783 CHO:92g Na:668mg	NA+ 304 36 18 150 5 30 668
31	Memorial Day - No Meal Served													

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.**