



November 2021 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday		
1	NA+ High Sodium Meal Plant Based Italian "Sausage" Link Baked Beans Vegetable Medley Whole Grain Hot Dog Bun Vanilla Pudding Margarine	2	Tofu & Artichoke Picatta Mashed Potatoes Carrots Wheat Bread Fruit Margarine	3	Braised Veggie Sausage w/ Vegetables Brown Rice California Blend Vegetables Wheat Roll Fruit Fig Bar Margarine	4	Veggie Fritters w/ Herb Aioli Sweet Potato Wedges Mixed Vegetables Wheat Roll Fruit Margarine	5	Chik'n Anna Maria Egg Noodles Broccoli Whole Grain Cornbread Loaf Fruit Margarine	
	540 140 24 300 130 30		403 115 30 135 0 30		403 95 36 135 35 30		370 200 31 135 0 30		437 5 6 90 0 30	
	Cal:850 CHO:106g Na:1289mg	1289	Cal:694 CHO:88g Na:838mg	838	Cal:831 CHO:104g Na:1138mg	1138	Cal:881 CHO:116g Na:891mg	891	Cal:778 CHO:102g Na:693mg	693
8	Garlic Butter Tofu Mashed Potatoes Brussel Sprouts Whole Grain Cornbread Chocolate Pudding Margarine	9	Chickpea Carbonara w/ Romano Pasta Broccoli Wheat Roll Fruit Margarine	10	3 Bean Chili w/ Shredded Cheese w/ Whole Grain Cornbread Green Beans w/Peppers Fruit Margarine	11	Baked Chik'n Cutlet Scalloped Potatoes Kale & Peppers Wheat Roll Fruit Margarine	12	Whole Grain Cheese Ravioli w/ Lentil Bolognese Tuscan Vegetable Blend Wheat Roll Apple Crisp Margarine	
	160 113 23 90 135 30		490 0 6 135 0 30		601 90 6 0 30		260 304 14 135 0 30		360 248 31 135 62 30	
	Cal:864 CHO:90g Na:676mg	676	Cal:710 CHO:86g Na:786mg	786	Cal:725 CHO:95g Na:852mg	852	Cal:735 CHO:85g Na:868mg	868	Cal:805 CHO:108g Na:991mg	991
15	Lemon Rosemary Veggie Fritters Roasted Red Potatoes Green Beans w/ Peppers Wheat Roll Vanilla Pudding Margarine	16	Vegetarian Shepherd's Pie w/Shredded Cheese Mashed Potatoes Carrots Wheat Roll Fruit Margarine	17	Maple Glazed Chik'n Cutlet Mashed Sweet Potatoes Tuscan Vegetable Blend Wheat Roll Fruit Margarine	18	Teriyaki Tofu White Rice Mixed Vegetables Whole Grain Cornbread Fruit Margarine	19	Harvest Holiday Meal Roasted Tofu with Gravy Cranberry & Herb Stuffing Brussel Sprouts Whole Grain Cornbread Oatmeal Cookie Margarine	
	256 115 6 135 130 30		633 113 30 135 0 30		276 37 31 135 0 30		566 25 31 90 0 30		127 510 23 90 105 30	
	Cal:810 CHO:113g Na:797mg	797	Cal:708 CHO:95g Na:1066mg	1066	Cal:678 CHO:103g Na:634mg	634	Cal:770 CHO:110g Na:867mg	867	Cal:750 CHO:93g Na:1010mg	1010
22	Garbanzo Bean Stew Whole Grain Biscuit California Blend Vegetables Chocolate Pudding Margarine	23	Falafel Bites Sweet Rice Vegetable Medley Wheat Bread Fruit Margarine	24	Garbanzo Beans in Sundried Tomato Sauce Wild Rice Broccoli Whole Grain Cornbread Fruit Margarine	25	Thanksgiving Roast Tofu with Gravy & Cranberry Sauce Mashed Potatoes Green Beans Wheat Roll Apple Crisp Margarine	26	Whole Grain Cheese Lasagna w/ Marinara & Mozzarella Cheese Carrots Whole Grain Garlic Bread Fruit Margarine	
	315 410 36 135 30		680 25 24 135 0 30		267 25 6 90 0 30		131 113 6 135 62 30		390 368 30 120 0 30	
	Cal:679 CHO:91g Na:1051mg	1051	Cal:781 CHO:115g Na:1019mg	1019	Cal:698 CHO:101g Na:543mg	543	Cal:780 CHO:104g Na:602mg	602	Cal:676 CHO:77g Na:1063mg	1063
29	Tofu in Tomato Cream Sauce Whole Grain Pasta Broccoli Whole Grain Cornbread Vanilla Pudding Margarine	30	Roasted Veggie Sausage w/ Gravy Mashed Potatoes Vegetable Medley Whole Grain Cornbread Fruit Margarine							
	204 0 6 90 130 30		588 113 24 90 0 30							
	Cal:718 CHO:97g Na:585mg	585	Cal:765 CHO:102g Na:970mg	970						

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.