



## December 2021 Vegetarian HDM

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				<b>1</b>	BBQ Chickpeas Baked Beans California Blend Vegetables Wheat Roll Fruit Margarine	<b>NA+</b> 639 140 36 135 0 30	<b>2</b>	Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Corn w/ Peppers Whole Grain Cornbread Fruit Margarine	<b>NA+</b> 414 113 6 90 0 30	<b>3</b>	Unstuffed Roasted Red Pepper Bowl w/ Lentils & Rice Kale & Peppers Wheat Bread Chocolate Chip Cookie Margarine	<b>NA+</b> 501 27 14 135 70 30		
					<b>Cal:679 CHO:124g Na:1105mg</b>	1105		<b>Cal:765 CHO:96g Na:778mg</b>	778		<b>Cal:822 CHO:95g Na:902mg</b>	902		
<b>6</b>	Herb Crusted Tofu Bites Roasted Rosemary Potatoes Broccoli Wheat Roll Warm Cinnamon Applesauce Margarine	<b>NA+</b> 178 115 6 135 0 30	<b>7</b>	Breaded Vegan "Chik'n" Cutlet Scalloped Potatoes Green Beans w/Peppers Whole Grain Cornbread Cinnamon Peaches Margarine	<b>NA+</b> 328 304 6 90 10 30	<b>8</b>	Teriyaki Tofu Vegetable "Fried" Rice Carrots White Bread Fruit Margarine	<b>NA+</b> 566 37 30 150 0 30	<b>9</b>	Falafel with Pear Chutney Mashed Butternut Squash Brussel Sprouts Wheat Bread Chocolate Brownie Margarine	<b>NA+</b> 682 24 23 135 90 30	<b>10</b>	Garbanzo Beans w/Mushroom Cream Sauce White Rice Mixed Vegetables Wheat Roll Fruit Margarine	<b>NA+</b> 256 25 31 135 0 30
	<b>Cal:722 CHO:88g Na:589mg</b>	589		<b>Cal:926 CHO:106g Na:893mg</b>	893		<b>Cal:689 CHO:90g Na:938mg</b>	938		<b>Cal:812 CHO:110g Na:1109mg</b>	1109		<b>Cal:699 CHO:91g Na:602mg</b>	602
<b>13</b>	Garbanzo Bean Chili w/ Sweet Potatoes & Cheddar Cheese California Blend Vegetables Whole Grain Cornbread Chocolate Pudding Margarine	<b>NA+</b> 449 102 36 90 135 30	<b>14</b>	BBQ Tofu Whole Grain Mac & Cheese Beets & Greens Wheat Roll Fruit Margarine	<b>NA+</b> 363 323 73 135 0 30	<b>15</b>	Sweet Corn Fritter (2) Sweet Potato Wedges Mixed Vegetables Wheat Bread Banana's Foster w/Pound Cake Margarine	<b>NA+</b> 413 200 31 135 129 30	<b>16</b>	Braised Beans w/ Vegetables Mashed Potatoes Carrots Whole Grain Cornbread Fruit Margarine	<b>NA+</b> 468 113 30 90 0 30	<b>17</b>	Tuscan Tofu Polenta Braised Tomatoes & White Beans Wheat Roll Fruit Margarine	<b>NA+</b> 185 36 332 135 0 30
	<b>Cal:746 CHO:111g Na:967mg</b>	967		<b>Cal:823 CHO:99g Na:1049mg</b>	1049		<b>Cal:1003 CHO:107g Na:1063mg</b>	1063		<b>Cal:701 CHO:107g Na:856mg</b>	856		<b>Cal:731 CHO:82g Na:843mg</b>	843
<b>20</b>	Veggie Sausage w/ Gravy Mashed Potatoes Mixed Vegetables Vanilla Pudding Whole Grain Cornbread Margarine	<b>NA+</b> 588 113 31 130 90 30	<b>21</b>	Sweet Potato & Black Bean Tacos w/Lime Wedge Cabbage Braised in Apple Cider Vinegar Black Beans & Corn Flour Tortillas (2) Fruit Margarine	<b>NA+</b> 370 40 70 220 0 30	<b>22</b>	Vegetarian Chop Suey w/ Romano Cheese Whole Grain Pasta California Blend Vegetables Whole Grain Texas Toast Fruit Margarine	<b>NA+</b> 540 0 36 120 0 30	<b>23</b>	<b>Holiday Meal</b> Baked Tofu w/Raisin Sauce Mashed Sweet Potatoes Tuscan Blend Vegetables Wheat Roll Peach Crisp Margarine	<b>NA+</b> 81 37 31 135 72 30	<b>24</b>	White Beans & Sage Cream Sauce Whole Grain Pasta Broccoli w/ Peppers Wheat Roll Fruit Margarine	<b>NA+</b> 475 0 6 135 0 30
	<b>Cal:803 CHO:102g Na:1107mg</b>	1107		<b>Cal:850 CHO:115g Na:855mg</b>	855		<b>Cal:686 CHO:85g Na:851mg</b>	851		<b>Cal:884 CHO:123g Na:511mg</b>	511		<b>Cal:725 CHO:98g Na:771mg</b>	771
<b>27</b>	Roasted Tofu w/Gravy Yams Tuscan Blend Vegetables Wheat Roll Chocolate Pudding Margarine	<b>NA+</b> 127 60 31 135 135 30	<b>28</b>	Meatballs (Vegetarian) Spaghetti w/Marinara Sauce Broccoli Whole Grain Garlic Toast Fruit Margarine	<b>NA+</b> 360 295 6 120 0 30	<b>29</b>	Veggie Fritter w/ Herb Aioli Mashed Potatoes Green Beans w/Peppers Wheat Roll Cinnamon Pears Margarine	<b>NA+</b> 370 113 6 135 10 30	<b>30</b>	Tofu Lo'Mein Noodles Kale, Corn & Peppers Wheat Bread Fruit Margarine	<b>NA+</b> 465 17 14 135 0 30	<b>31</b>	"Chik'n" Breast Filet Cheesy Mashed Potatoes w/Gravy Collard Greens Whole Grain Cornbread Oatmeal Cookie Margarine	<b>NA+</b> 260 261 39 90 105 30
	<b>Cal:702 CHO:80g Na:643mg</b>	643		<b>Cal:750 CHO:110g Na:936mg</b>	936		<b>Cal:755 CHO:99g Na:789mg</b>	789		<b>Cal:682 CHO:90g Na:786mg</b>	786		<b>Cal:836 CHO:98g Na:910mg</b>	910

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.