



May 2022 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
2	Roasted Chickpeas w/ Gravy Mashed Potatoes Zucchini & Brussel Sprouts Whole Grain Biscuit Fruit Margarine	312 113 17 90 0 30	3	Vegetarian Carbonara w/ Parmesan & Mozzarella Whole Grain Pasta Broccoli Wheat Roll Fruit Margarine	NA+ 250 0 6 135 0 30	4	Sweet Corn Fritter w/ Herb Aioli Roasted Potatoes California Blend Vegetables Wheat Bread Fruit Margarine	NA+ 363 115 36 135 0 30	5	Swedish Meatballs (Vegetarian) Egg Noodles Vegetable Medely Wheat Roll Chocolate Chip Cookie Margarine	NA+ 460 5 18 135 85 30	6	Teriyaki Tofu White Rice Brussel Sprouts Wheat Bread Fruit Margarine	NA+ 566 25 23 135 0 30
Cal:695 CHO:102g Na:687mg		375	Cal:705 CHO:90g Na:546mg		546	Cal:821 CHO:77g Na:804mg		804	Cal:760 CHO:97g Na:7858mg		858	Cal:689 CHO:90g Na:904mg		904
9	Veggie Crumble Macaroni & Cheese Collard Greens Wheat Bread Chocolate Pudding Margarine	NA+ 200 338 65 135 130 30	10	Veggie Sausage w/ Brown Gravy Red Skin Mashed Potatoes Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 587 267 6 90 0 30	11	Orange Vegan Bites White Rice Vegetable Medley Snack Loaf Fruit Margarine	NA+ 375 25 18 90 0 30	12	Veggie Sausage Marsala w/Mushrooms Mashed Potatoes Tuscan Vegetables Wheat Roll Fruit Margarine	NA+ 532 113 18 135 0 30	13	3 Bean Balsamic & Artichoke s Roast Sweet Potatoes Broccoli Wheat Bread Shortbread Cookie Margarine	NA+ 385 60 6 135 150 30
Cal:801 CHO:91g Na:1023mg		1023	Cal:678 CHO:73g Na:1105mg		1105	Cal:778 CHO:109g Na:663mg		663	Cal:684 CHO:84g Na:953mg		953	Cal:775 CHO:79g Na:891mg		891
16	Veggie Fritters Sweet Rice Green Peas Snack Loaf Fruit Margarine	NA+ 212 25 6 90 0 30	17	Vegetarian Chop Suey w/ Cheese Elbow Macaroni Broccoli Wheat Roll Cinnamon Pears Margarine	NA+ 525 0 6 135 10 30	18	Creamy Cajun Beans Cheesy Grits Mixed Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 402 116 17 90 0 30	19	Veggie Meatballs w/Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Oamteal Cookie Margarine	NA+ 460 113 30 135 105 30	20	Whole Grain Cheese Ravioli w/Lemon Ricotta Cream Sauce Green Beans w/Peppers White Bread Fruit Margarine	NA+ 360 212 17 150 0 30
Cal:798 CHO:123g Na:488mg		488	Cal:688 CHO:86g Na:831mg		831	Cal:772 CHO:87g Na:825mg		780	Cal:750 CHO:82g Na:1126mg		998	Cal:772 CHO:87g Na:894mg		894
23	Garbanzo Bean Chili Whole Grain Cornbread Tuscan Blend Vegetables Vanilla Pudding Margarine	NA+ 315 90 31 130 30	24	Veggie Sausage Cacciatore Bowtie Pasta Carrots Wheat Roll Fruit Margarine	NA+ 551 0 30 135 0 30	25	Breaded Vegan Nuggets Rice Pilaf Green Beans w/Peppers Wheat Bread Cinnamon Pears Margarine BBQ Dipping Sauce	NA+ 375 55 6 135 10 30 210	26	Holiday Meal (High Sodium Day) Veggie Burger w/Cheese Sweet Potato Tater Tots Vegetable Medley Whole Wheat Bun Chocolate Cupcake Margarine Ketchup	NA+ 392 189 18 230 210 30 85	27	Chik' Cutlet w/ Gravy Mashed Potatoes Green Peas Wheat Roll Fruit Margarine	NA+ 351 113 0 135 0 30
Cal:690 CHO:92g Na:721mg		721	Cal:707 CHO:74g Na:871mg		871	Cal:705 CHO:98g Na:946mg		946	Cal:732 CHO:109g Na:1279mg		1279	Cal:677 CHO:97g Na:754mg		754
30	<u>Sites Closed</u>	NA+	31	BBQ Tofu Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Margarine	NA+ 422 304 18 135 0 30		NA+		NA+					
			Cal:692 CHO:87g Na:1034mg		1034									

City Fresh Foods HDM Driver will be required to see someone at delivery, and will be required to inquire about client at least twice per week. No HDM is to be left without seeing someone at delivery unless client has been identified as a "No Contact Delivery" by Ethos.