



June 2022 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Sweet Corn Fritter w/ Herb Aioli Roasted Potatoes California Blend Vegetables Wheat Bread Fruit Margarine	NA+ 363 115 36 135 0 30	2	Swedish Meatballs (Vegetarian) Egg Noodles Vegetable Medely Wheat Roll Chocolate Chip Cookie Margarine	NA+ 460 5 18 135 85 30	3	BBQ Tofu White Rice Brussel Sprouts Wheat Bread Pineapple Tidbits Margarine	NA+ 402 25 23 135 0 30		
					Cal:821 CHO:77g Na:804mg	804		Cal:760 CHO:97g Na:7858mg	858		Cal:689 CHO:90g Na:740mg	740		
6	Veggie Crumble Macaroni & Cheese Collard Greens Wheat Bread Chocolate Pudding Margarine	NA+ 200 338 65 135 130 30	7	Veggie Sausage w/ Brown Gravy Red Skin Mashed Potatoes Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 587 267 6 90 0 30	8	Egg Roll Skillet w/Tofu Crumble White Rice Vegetable Medley Snack Loaf Fruit Margarine	NA+ 550 25 18 90 0 30	9	Veggie Sausage w/ Brown Gravy Mashed Potatoes Tuscan Vegetables Wheat Roll Mixed Fruit Margarine	NA+ 532 113 18 135 10 30	10	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:838mg	838		Cal:684 CHO:84g Na:963mg	963		Cal:775 CHO:79g Na:891mg	891
13	Veggie Fritters Sweet Rice Green Peas Snack Loaf Fruit Margarine	NA+ 212 25 6 90 0 30	14	Vegetarian Chop Suey w/ Cheese Elbow Macaroni Broccoli Wheat Roll Cinnamon Pears Margarine	NA+ 525 0 6 135 10 30	15	Creamy Cajun Beans Cheesy Grits Mixed Vegetables Hawaiian Sweet Roll Fruit Margarine	NA+ 402 116 17 80 0 30	16	Holiday Meal Oven "Fried" Tofu Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 149 230 14 90 85 30	17	Whole Grain Cheese Ravioli w/Red Sauce & Mozzarella Cheese Green Beans w/Peppers White Bread Mixed Fruit Margarine	NA+ 560 17 150 10 30
	Cal:798 CHO:123g Na:488mg	488		Cal:688 CHO:86g Na:831mg	831		Cal:772 CHO:87g Na:770mg	770		Cal:750 CHO:82g Na:723mg	723		Cal:772 CHO:87g Na:892mg	892
20	Juneteenth Holiday	NA+	21	Veggie Sausage Cacciatore Bowtie Pasta Carrots Wheat Roll Fruit Margarine	NA+ 551 0 30 135 0 30	22	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	23	High Sodium Day Veggie Frank Baked Beans Vegetable Medley Hot Dog Bun Vanilla Cupcake Ketchup	NA+ 392 189 18 300 210 85	24	Chik' Cutlet w/ Gravy Mashed Potatoes Green Peas Wheat Roll Fruit Margarine	NA+ 351 113 0 135 0 30
				Cal:707 CHO:74g Na:871mg	871		Cal:705 CHO:98g Na:946mg	946		Cal:732 CHO:109g Na:1279mg	1319		Cal:677 CHO:97g Na:754mg	754
27	Garbanzo Bean Chili Whole Grain Cornbread Tuscan Blend Vegetables Shortbread Cookie Margarine	NA+ 315 90 31 150 30	28	BBQ Tofu Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Shortbread Cookie Margarine	NA+ 402 304 18 135 150 30	29	Veggie Meatballs w/Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Mixed Fruit Margarine	NA+ 460 113 36 135 85 30	30	Creamy White Bean & Veggie Casserole Egg Noodles Vegetable Medley WG Buttermilk Biscuit Chocolate Chip Cookie Margarine	NA+ 430 5 18 110 85 30			
	Cal:690 CHO:92g Na:741mg	741		Cal:692 CHO:97g Na:1164mg	1164		Cal:760 CHO:97g Na:984mg	984		Cal:772 CHO:87g Na:803mg	803			

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.