



July 2022 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
								1	Holiday Meal Chili Veggie Dog w/ Chili Beans Zucchini & Squash Wheat Hot Dog Bun Peaches Ketchup Margarine	NA+ 540 258 9 300 10 85 30 1357				
									Cal:780 CHO:90g Na:1357mg					
4	Holiday - No Meal	5	Vegetarian Sloppy Joe's Roasted Potatoes Broccoli Wheat Hamburger Bun Fruit Margarine	NA+ 306 152 6 160 0 30 779	6	Veggie Fritters w/ Herb Aioli Rice Pilaf California Blend Vegetables Wheat Bread Pudding Margarine	NA+ 265 55 36 135 130 30 776	7	Swedish Meatballs (Vegetarian) Egg Noodles Vegetable Medley Wheat Roll Chocolate Chip Cookie Margarine	NA+ 431 5 18 135 70 30 814	8	Teriyaki Tofu White Rice Brussel Sprouts Wheat Bread Fruit Margarine	NA+ 575 25 23 135 0 30 913	
		Cal:800 CHO:88g Na:779mg			Cal:780 CHO:93g Na:776mg			Cal:692 CHO:90g Na:814mg			Cal:680 CHO:100g Na:913mg			
11	Breaded Chik'n Cutlet Macaroni & Cheese Collard Greens Wheat Bread Fruit Margarine	NA+ 260 323 40 135 0 30 913	12	Veggie Sausage w/ Gravy Red Skin Mashed Potatoes Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 588 267 6 90 0 30 1106	13	Cold Meal Chef Salad w/ Hard Boiled Egg & Cheese over Romaine Lettuce Tarragon Potato Salad Wheat Roll Homemade Banana Pudding Margarine	NA+ 294 0 145 135 121 30 850	14	Veggie Sausage Marsala w/ Mushrooms Mashed Potatoes Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 685 113 18 135 0 30 1106	15	3 Bean Balsamic & Artichoke Roasted Sweet Potatoes Broccoli Wheat Bread Shortbread Cookie Margarine	NA+ 385 60 6 135 150 30 891
		Cal:821 CHO:86g Na:913mg		Cal:777 CHO:100g Na:1106mg		Cal:777 CHO:70g Na:850mg		Cal:676 CHO:80g Na:1106mg		Cal:825 CHO:118g Na:891mg				
18	Falafel Sweet Rice Carrots Snack Loaf Fruit Margarine	NA+ 680 25 32 150 0 30 1042	19	Vegetarian Chop Suey w/ Parmesan Cheese Elbow Macaroni Broccoli Wheat Roll Chocolate Cupcake Margarine	NA+ 542 0 6 135 210 30 1048	20	Creamy Cajun Beans Cheesy Grits Mixed Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 570 116 17 90 0 30 948	21	BBQ Tofu Roasted Potatoes Vegetable Medley Wheat Bread Fruit Margarine	NA+ 524 152 18 135 0 30 984	22	Lemon Ricotta Parmesan White Beans WG Cheese Ravioli (3 each) Green Beans w/Peppers White Bread Cinnamon Pears Margarine	NA+ 457 190 6 150 10 30 968
		Cal:876 CHO:120g Na:1042mg		Cal:707 CHO:91g Na:1048mg		Cal:925 CHO:121g Na:948mg		Cal:722 CHO:96g Na:984mg		Cal:732 CHO:100g Na:968mg				
25	Sweet Corn Fritter Rice Pilaf Mixed Vegetables Wheat Roll Vanilla Pudding Margarine	207 55 17 135 130 30 699	26	Cold Meal Caprese Sandwich w/ Tomato, Mozzarella & Basil Broccoli Salad Cucumber Salad Whole Wheat Bun Fruit Margarine	NA+ 273 - 90 2 160 0 30 680	27	Vegetarian Sausage Cacciatore Bowtie Pasta Carrots Wheat Bread Cinnamon Pears Margarine	494 0 30 135 10 30 824	28	Roasted Tofu with Gravy Mashed Sweet Potatoes Green Peas Whole Grain Cornbread Oatmeal Cookie Margarine	144 37 6 90 105 30 537	29	Vegan Bites w/ Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Fruit Margarine	530 113 36 135 0 30 969
		Cal:700 CHO:87g Na:699mg		Cal:702 CHO:79g Na:680mg		Cal:688 CHO:90g Na:824mg		Cal:802 CHO:104g Na:537mg		Cal:707 CHO:89g Na:969mg				

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"