



December 2022 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday		
						1	BBQ Tofu Baked Beans Carrots Wheat Hamburger Bun Fruit Margarine Cal:749 CHO:110g Na:1015mg	NA+ 2	Harvest Roasted Chik'n w/ Apple Chutney Mashed Butternut Squash Broccoli Wheat Roll Shortbread Cookie Margarine Cal:772 CHO:97g Na:757mg	NA+
5	Veggie Sausage Cacciatore Bowtie Pasta Mixed Vegetables Wheat Roll Fruit Margarine Cal:675 CHO:94g Na:1007mg	NA+ 6	BBQ Tofu Mashed Sweet Potatoes Beets & Greens Whole Grain Cornbread Chocolate Pudding Margarine Cal:768 CHO:115g Na:865mg	NA+ 7	Vegetarian Chop Suey Elbow Macaroni Mixed Vegetables Whole Grain Garlic Toast Cinnamon Peaches Margarine Cal:680 CHO:80g Na:888mg	NA+ 8	Veggie Burger onut Curry Pineapple & Edamame "Fried" Carrots Wheat Hamburger Bun Oatmeal Cookie Margarine Cal:692 CHO:90g Na:896mg	NA+ 9	Roasted Veggie Sausage w/ Gravy Red Skin Mashed Potatoes Green Beans Wheat Roll Fruit Margarine Cal:680 CHO:78g Na:1151mg	NA+
12	Rosemary Garlic White Beans White Rice Tuscan Vegetables Whole Grain Cornbread Fruit Margarine Cal:823 CHO:114g Na:754mg	NA+ 13	Veggie Fritters w/ Herb Aioli Sweet Potato Wedges Brussel Sprouts Wheat Roll Chocolate Pudding Margarine Cal:725 CHO:95g Na:993mg	NA+ 14	Black Bean & Cheese Fajita Bowl Mexican Rice Corn Wheat Bread Fruit Margarine Cal:753 CHO:120g Na:567mg	NA+ 15	Braised Beans & Vegetables Mashed Potatoes w/Gravy Green Beans w/ Peppers Wheat Roll Lorna Doone Cookie Margarine Cal:763 CHO:105g Na:1091mg	NA+ 16	Roasted Tofu w/ Apricot Compote White Rice Carrots Whole Grain Cornbread Cinnamon Pears Margarine Cal:711 CHO:99g Na:392mg	NA+
19	Vegetarian Meatloaf w/ Gravy Cheesy Au Gratin Potatoes Mixed Vegetables Wheat Bread Fruit Margarine Cal:689 CHO:79g Na:1098mg	NA+ 20	Creamy White Bean Casserole Egg Noodles Vegetable Medley WG Buttermilk Biscuit Vanilla Pudding Margarine Cal:882 CHO:125g Na:1011mg	NA+ 21	Veggie Sausage w/ Gravy Roasted Potatoes Brussel Sprouts Wheat Roll Fruit Margarine Cal:762 CHO:88g Na:1053mg	NA+ 22	Browned Butter Whole Grain Ravioli w/Butternut Squash & Mushrooms Green Beans w/Peppers Wheat Bread Fruit Margarine Cal:743 CHO:100g Na:741mg	NA+ 23	<u>Holiday Meal</u> Baked Tofu w/ Raisin Sauce Red Skin Mashed Potatoes Carrots Wheat Roll Brownie Cal:805 CHO:109g Na:794mg	NA+
26	Chickpeas Sundried Tomato Cream Sauce Pasta Mixed Vegetables Cornbread Fruit Margarine Cal:688 CHO:111g Na:584mg	NA+ 27	<u>High Sodium Meal</u> Vegetarian Sausage Link Baked Beans Cole Slaw Wheat Hot Dog Bun Fruit Cal:852 CHO:104g Na:1295mg	NA+ 28	Lemon Herb Buttered Tofu Cheesy Mashed Potatoes Kale & Peppers Wheat Roll Chocolate Pudding Margarine Cal:750 CHO:81g Na:897mg	NA+ 29	Veggie Sausage Marsala w/ Mushrooms Egg Noodles Mixed Vegetables Cornread Fruit Margarine Cal:822 CHO:105g Na:1062mg	NA+ 30	<u>Holiday Meal</u> Oven "Fried" Chik'n Cutlet Black Eyed Peas Carrots Wheat Roll Oatmeal Cookie Cal:677 CHO:85g Na:817mg	NA+