



# MENU

## HEART HEALTHY

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|------|---|------|--|
| 7001 | <b>Potato Pollock</b> , Brown Rice, Broccoli, Mixed Fruit, Wheat Bread, Milk  | 7011 | <b>Southwest Pasta w/ Turkey</b> , Corn, Peas, Pineapple Bits, Milk  |
| 7002 | <b>Veal Piccata</b> , California Vegetable Blend, Roasted Potatoes, Mandarin Oranges, Sunflower Seeds, Milk               | 7012 | <b>Vegetable Lasagna</b> , Peas, Diced Carrots, Wheat Roll, Pineapple Bits, Milk                                 |
| 7003 | <b>Pot Roast w/ Gravy</b> , Baked Potato, Peas, Wheat Bread, Orange Juice, Milk   | 7013 | <b>Spaghetti w/ Tomato Sauce &amp; Meatballs</b> , California Blend Vegetables, Green Beans, Diced Peaches, Milk |
| 7004 | <b>Jamaican Pork Roast</b> , Key West Vegetable Blend, Mashed Potatoes, Wheat Bread, Diced Pears, Orange Juice, Milk      | 7014 | <b>Chicken &amp; Noodles</b> , Roasted Potatoes, Broccoli, Wheat Roll, Diced Pears, Milk                         |
| 7005 | <b>Turkey Breast w/ Gravy</b> , Roasted Sweet Potatoes, Peas & Corn, Pineapple Bits, Milk                                 | 7015 | <b>Indiana Style Chili Mac</b> , Green Beans, Applesauce, Diced Carrots, Milk                                    |
| 7006 | <b>Beef Stew</b> , Diced Carrots, Sliced Apples, Corn Bread, Milk   | 7016 | <b>Country Ham &amp; Beans</b> , Collard Greens, Diced Carrots, Whole Wheat Crackers, Mixed Fruit, Milk          |
| 7007 | <b>Chicken &amp; White Bean Chili</b> , Broccoli, Corn, Corn Bread, Applesauce, Milk                                      | 7007 | <b>Eggs &amp; Sausage</b> , Shredded Wheat, Maple Sweet Potatoes, Mixed Fruit, Milk                              |
| 7008 | <b>Herb Marinated Chicken</b> , Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk             | 7018 | <b>Pollock Almondine</b> , Turnip Greens, Baked Potato, Diced Peaches, Milk                                      |
| 7009 | <b>Chicken &amp; Broccoli Casserole</b> , Capri Vegetables, Wheat Bread, Mandarin Oranges, Milk                           | 7019 | <b>Braised Beef</b> , Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk              |
| 7010 | <b>Chicken Parmesan</b> , Key West Vegetables, Roasted Potatoes, Baked Apple w/ Cherries & Almonds, Sunflower Seeds, Milk | 7020 | <b>Herb Crusted Cape Hake</b> w/Roasted Potatoes and Broccoli, Wheat Bread, Tropical Fruit, and Milk             |



# NUTRITION INFORMATION

## HEART HEALTHY MENU

\*The Below information is for the complete meal; the on tray, sides, and skim milk.

\*Skim milk is recommended when on a Low Sodium or Diabetic Menu.

<b>Potato Pollock</b> 556 Calories 16 g Fat 7 g Fiber 350 mg Calcium 648 mg Sodium 83 g Carbohydrate	<b>Veal Picatta</b> 597 Calories 21 g Fat 7 g Fiber 391 mg Calcium 567 mg Sodium 65 g Carbohydrate		<b>Pot Roast w/ Gravy</b> 646 Calories 6 g Fat 8 g Fiber 646 mg Calcium 502 mg Sodium 93 g Carbohydrate	<b>Jamaican Pork</b> 593 Calories 6 g Fat 6 g Fiber 369 mg Calcium 388 mg Sodium 99 g Carbohydrate
<b>Turkey w/ Gravy</b> 510 Calories 8 g Fat 8 g Fiber 359 mg Calcium 457 mg Sodium 69 g Carbohydrate	<b>Beef Stew</b> 529 Calories 12 g Fat 8 g Fiber 362 mg Calcium 644 mg Sodium 79 g Carbohydrate	<b>Chicken &amp; Bean Chili</b> 655 Calories 16 g Fat 11 g Fiber 539 mg Calcium 466 mg Sodium 92 g Carbohydrate	<b>Herb Chicken</b> 621 Calories 23 g Fat 7 g Fiber 396 mg Calcium 645 mg Sodium 61 g Carbohydrate	<b>Chicken &amp; Broccoli</b> 539 Calories 8 g Fat 9 g Fiber 519 mg Calcium 522 mg Sodium 81 g Carbohydrate
<b>Chicken Parmesan</b> 626 Calories 30 g Fat 9 g Fiber 423 mg Calcium 593 mg Sodium 68 g Carbohydrate	<b>Southwest Pasta</b> 541 Calories 8 g Fat 8 g Fiber 405 mg Calcium 610 mg Sodium 85 g Carbohydrate	<b>Vegetable Lasagna</b> 624 Calories 14 g Fat 10 g Fiber 614 mg Calcium 529 mg Sodium 90 g Carbohydrate	<b>Spaghetti &amp; Meatballs</b> 640 Calories 22 g Fat 11 g Fiber 449 mg Calcium 429 mg Sodium 80 g Carbohydrate	<b>Chicken &amp; Noodles</b> 561 Calories 7 g Fat 10 g Fiber 394 mg Calcium 417 mg Sodium 92 g Carbohydrate
<b>Indiana Chili Mac</b> 513 Calories 17 g Fat 9 g Fiber 466 mg Calcium 579 mg Sodium 64 g Carbohydrate	<b>Ham &amp; Beans</b> 502 Calories 4 g Fat 18 g Fiber 675 mg Calcium 572 mg Sodium 83 g Carbohydrate	<b>Eggs &amp; Sausage</b> 643 Calories 19 g Fat 8 g Fiber 355 mg Calcium 518 mg Sodium 98 g Carbohydrate	<b>Pollock Almondine</b> 607 Calories 21 g Fat 5 g Fiber 526 mg Calcium 423 mg Sodium 72 g Carbohydrate	<b>Braised Beef</b> 634 Calories 31 g Fat 7 g Fiber 584 mg Calcium 543 mg Sodium 56 g Carbohydrate



# HEART HEALTHY

The Heart Healthy Menu has 19 different meals. We have 4 cycle rotations to ensure our clients receive a different set of 10 combinations each time. To know which Cycle we are currently on check the main menu page on the website.

## CYCLE 1

**Potato Pollock**, Brown Rice, Broccoli, Mixed Fruit, Wheat Bread, Milk

**Veal Picatta**, California Vegetable Blend, Roasted Potatoes, Mandarin Oranges, Sunflower Seeds, Milk

**Pot Roast w/ Gravy**, Baked Potato, Peas, Wheat Bread, Orange Juice, Milk

**Jamaican Pork Roast**, Key West Vegetable Blend, Mashed Potatoes, Wheat Bread, Diced Pears, Orange Juice, Milk

**Turkey Breast w/ Gravy**, Roasted Sweet Potatoes, Peas & Corn, Pineapple Bits, Milk

**Beef Stew**, Diced Carrots, Sliced Apples, Corn Bread, Milk

**Chicken & White Bean Chili**, Broccoli, Corn, Corn Bread, Applesauce, Milk

**Herb Marinated Chicken**, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

**Chicken & Broccoli Casserole**, Capri Vegetables, Wheat Bread, Mandarin Oranges, Milk

**Chicken Parmesan**, Key West Vegetables, Roasted Potatoes, Baked Apple w/ Cherries & Almonds, Sunflower Seeds, Milk

## CYCLE 2

**Turkey Breast w/ Gravy**, Roasted Sweet Potatoes, Peas & Corn, Pineapple Bits, Milk

**Beef Stew**, Diced Carrots, Sliced Apples, Corn Bread, Milk

**Chicken & White Bean Chili**, Broccoli, Corn, Corn Bread, Applesauce, Milk

**Herb Marinated Chicken**, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

**Chicken & Broccoli Casserole**, Capri Vegetables, Wheat Bread, Mandarin Oranges, Milk

**Chicken Parmesan**, Key West Vegetables, Roasted Potatoes, Baked Apple w/ Cherries & Almonds, Sunflower Seeds, Milk

**Southwest Pasta w/ Turkey**, Corn, Peas, Pineapple Bits, Milk

**Vegetable Lasagna**, Peas, Diced Carrots, Wheat Roll, Pineapple Bits, Milk

**Spaghetti w/ Tomato Sauce & Meatballs**, California Blend Vegetables, Green Beans, Diced Peaches, Milk

**Chicken & Noodles**, Roasted Potatoes, Broccoli, Wheat Roll, Diced Pears, Milk

*\* All Menus and Cycles are subject to change based on product availability.*



## CYCLE 3

**Chicken Parmesan**, Key West Vegetables, Roasted Potatoes, Baked Apple w/ Cherries & Almonds, Sunflower Seeds, Milk

**Southwest Pasta w/ Turkey**, Corn, Peas, Pineapple Bits, Milk

**Vegetable Lasagna**, Peas, Diced Carrots, Wheat Roll, Pineapple Bits, Milk

**Spaghetti w/ Tomato Sauce & Meatballs**, California Blend Vegetables, Green Beans, Diced Peaches, Milk

**Chicken & Noodles**, Roasted Potatoes, Broccoli, Wheat Roll, Diced Pears, Milk

**Indiana Style Chili Mac**, Green Beans, Applesauce, Diced Carrots, Milk

**Country Ham & Beans**, Collard Greens, Diced Carrots, Whole Wheat Crackers, Mixed Fruit, Milk

**Eggs & Sausage**, Shredded Wheat, Maple Sweet Potatoes, Mixed Fruit, Milk

**Pollock Almondine**, Turnip Greens, Baked Potato, Diced Peaches, Milk

**Braised Beef**, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk

## CYCLE 4

**Indiana Style Chili Mac**, Green Beans, Applesauce, Diced Carrots, Milk

**Country Ham & Beans**, Collard Greens, Diced Carrots, Whole Wheat Crackers, Mixed Fruit, Milk

**Eggs & Sausage**, Shredded Wheat, Maple Sweet Potatoes, Mixed Fruit, Milk

**Pollock Almondine**, Turnip Greens, Baked Potato, Diced Peaches, Milk

**Braised Beef**, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk

**Potato Pollock**, Brown Rice, Broccoli, Mixed Fruit, Wheat Bread, Milk

**Veal Picatta**, California Vegetable Blend, Roasted Potatoes, Mandarin Oranges, Sunflower Seeds, Milk

**Pot Roast w/ Gravy**, Baked Potato, Peas, Wheat Bread, Orange Juice, Milk

**Jamaican Pork Roast**, Key West Vegetable Blend, Mashed Potatoes, Wheat Bread, Diced Pears, Orange Juice, Milk

**Turkey Breast w/ Gravy**, Roasted Sweet Potatoes, Peas & Corn, Pineapple Bits, Milk

*\* All Menus and Cycles are subject to change based on product availability.*