

Carbs (g): Approximate grams of Carbohydrates are shown for the **entree (tray only)** and the full meal
 ♥ **Heart Friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

Item	Breakfast	Carbs (g)
98973	French Toast with Pork Breakfast Patty and Cinnamon Apples	79 -
98974	Creamy Corn Flake Puree with Blueberry Sauce, Brown Sugar Pork Loin Bacon, Peaches and Greek Yogurt	73 80 ♥
98975	Scrambled Eggs with Brown Sugar Pork Loin Bacon, Bread and Cinnamon Apples	62 -
98976	Spicy Italian Style Pork Patty, Cheese Omelet and Sweet Potato Bread with Fruit	56 -

Lunch/Dinner

Beef

98966	Roast Beef with Gravy, Mashed Potatoes and Brown Sugar Glazed Carrots and Vanilla Pudding	36 59
98969	Philly Cheesesteak Sandwich with Sweet Potatoes and Greek Yogurt	48 55
98972	Meat Patty Loaf with Pasta and Cheese Sauce and Green Beans, Raspberry Applesauce and Vanilla Pudding	36 76

Poultry

98964	Pureed White Chicken with Gravy, Mashed Potatoes, Green Beans, Carrots, Applesauce and Vanilla Pudding	23 60
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Pork

98968	Open Faced Roast Pork Sandwich with Gravy and Broccoli, Raspberry Applesauce and Greek Yogurt	26 50
98970	Pork with BBQ Sauce, Cheesy Mashed Potatoes, Green Beans, Applesauce and Chocolate Pudding	24 60

Fish

98971	Tuna with Carrots, Broccoli and White Rice, Blueberry Applesauce and Chocolate Pudding	28 67 ♥
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Vegetarian

98967	Pasta with Marinara Sauce and Broccoli, Blueberry Applesauce and Chocolate Pudding	44 83
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Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change. As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.

