

## DIABETIC FRIENDLY MENU

Pot Roast w/ Gravy Mashed Potatoes California Blend Vegetables Mixed Fruit Sunflower Seeds Milk	Chicken Cacciatore Mashed Potatoes Broccoli Wheat Bread Diced Peaches Milk	Hamburger w/ Wheat Bun Peas Pineapple Bits Milk	Cubed Steak w/ Mushroom Gravy Mixed Vegetables Collard Greens Applesauce Wheat Roll Milk	Pollock Almondine Diced Carrots Green Beans Pineapple bits Sunflower Seeds Milk
Turkey Breast w/ Gravy Roasted Sweet Potatoes Green Beans Sliced Apples Orange Juice Milk	Beef & Cabbage Stew Diced Carrots Sliced Apples Whole Wheat Crackers Peanut Butter Packet Milk	Italian Bowtie Pasta w/ Beef Broccoli & Red Peppers Green Beans Applesauce Milk	Herb Marinated Chicken Mashed Potatoes Wheat Bread Diced Peaches Asparagus Sunflower Seeds Milk	Smothered Chicken w/ Gravy Rice Pilaf Collard Greens Mandarin Oranges Milk
Lemon Pepper Chicken Broccoli Mashed Potatoes Pineapple Bits Sunflower Seeds Milk	Vegetable Lasagna Spinach Capri Vegetables Diced Peaches Milk	Scrambled Eggs w/ Sausage Roasted Potatoes Shredded Wheat Spiced Peaches Milk	Indiana Style Chili Mac Green Beans Applesauce Diced Carrots Cheese Stick Milk	Braised Beef Egg Noodles Collard Greens Diced Carrots Applesauce Sunflower Seeds Milk
Swedish Meatballs Broccoli Diced Carrots Brown Rice Orange Juice Milk	Chicken Parmesan California Blend Vegetables Roasted Potatoes Diced Peaches Peanut Butter Packet Milk	Potato Pollock Broccoli Diced Carrots Mashed Potatoes Pineapple Bits Milk	Meatloaf w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Milk	Chicken & Noodles Broccoli Wheat Roll Cheese Stick Applesauce Milk

# NUTRITION INFORMATION

<b>Pot Roast</b> 640 Calories 29 g Fat 7 g Fiber 381 mg Calcium 487 mg Sodium 63 g Carbohydrate	<b>Chicken Cacciatore</b> 507 Calories 8 g Fat 9 g Fiber 459 mg Calcium 795 mg Sodium 67 g Carbohydrate	<b>Hamburger</b> 526 Calories 18 g Fat 7 g Fiber 460 mg Calcium 684 mg Sodium 61 g Carbohydrate	<b>Cubed Steak</b> 526 Calories 23 g Fat 7 g Fiber 602 mg Calcium 602 mg Sodium 54 g Carbohydrate	<b>Pollock Almondine</b> 630 Calories 35 g Fat 6 g Fiber 390 mg Calcium 443 mg Sodium 48 g Carbohydrate
<b>Turkey w/ Gravy</b> 499 Calories 8 g Fat 6 g Fiber 382 mg Calcium 467 mg Sodium 67 g Carbohydrate	<b>Beef &amp; Cabbage</b> 537 Calories 17 g Fat 13 g Fiber 423 mg Calcium 763 mg Sodium 61 g Carbohydrate	<b>Bowtie Pasta</b> 539 Calories 19 g Fat 9 g Fiber 427 mg Calcium 578 mg Sodium 62 g Carbohydrate	<b>Herb Chicken</b> 621 Calories 23 g Fat 7 g Fiber 396 mg Calcium 645 mg Sodium 61 g Carbohydrate	<b>Smothered Chicken</b> 486 Calories 6 g Fat 3 g Fiber 588 mg Calcium 695 mg Sodium 68 g Carbohydrate
<b>Lemon Pepper Chicken</b> 562 Calories 21 g Fat 7 g Fiber 401 mg Calcium 692 mg Sodium 57 g Carbohydrate	<b>Vegetable Lasagna</b> 541 Calories 13 g Fat 7 g Fiber 687 mg Calcium 554 mg Sodium 67 g Carbohydrate	<b>Sausage &amp; Eggs</b> 540 Calories 19 g Fat 6 g Fiber 359 mg Calcium 513 mg Sodium 68 g Carbohydrate	<b>Indiana Chili Mac</b> 593 Calories 23 g Fat 9 g Fiber 615 mg Calcium 729 mg Sodium 64 g Carbohydrate	<b>Braised Beef</b> 634 Calories 31 g Fat 7 g Fiber 584 mg Calcium 543 mg Sodium 56 g Carbohydrate
<b>Swedish Meatballs</b> 530 Calories 20 g Fat 8 g Fiber 431 mg Calcium 657 mg Sodium 68 g Carbohydrate	<b>Chicken Parmesan</b> 600 Calories 24 g Fat 9 g Fiber 405 mg Calcium 629 mg Sodium 66 g Carbohydrate	<b>Potato Pollock</b> 476 Calories 14 g Fat 8 g Fiber 388 mg Calcium 608 mg Sodium 66 g Carbohydrate	<b>Meatloaf</b> 576 Calories 16 g Fat 7 g Fiber 407 mg Calcium 716 mg Sodium 64 g Carbohydrate	<b>Chicken &amp; Noodles</b> 522 Calories 13 g Fat 7 g Fiber 589 mg Calcium 572 mg Sodium 64 g Carbohydrate

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