

## DIABETIC FRIENDLY MENU

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

# 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>Almond Crusted Fish</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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