

HEART HEALTHY MENU

Potato Pollock Brown Rice Broccoli Mixed Fruit Wheat Bread Milk	Veal Picatta California Vegetable Blend Roasted Potatoes Mandarin Oranges Sunflower Seeds Milk	Sweet Potato Crusted Pollock Roasted Potatoes Broccoli Wheat Bread Tropical Fruit Cup 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	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	Almond Crusted Fish Turnip Greens Baked Potato Diced Peaches Milk	Braised Beef Egg Noodles Collard Greens Diced Carrots Applesauce Sunflower Seeds Milk

NUTRITION INFORMATION

Potato Pollock 556 Calories 16 g Fat 7 g Fiber 350 mg Calcium 648 mg Sodium 83 g Carbohydrate	Veal Picatta 597 Calories 21 g Fat 7 g Fiber 391 mg Calcium 567 mg Sodium 65 g Carbohydrate	Crusted Pollock 683 Calories 37 g Fat 9 g Fiber 377 mg Calcium 602 mg Sodium 86 g Carbohydrate	Pot Roast w/ Gravy 646 Calories 6 g Fat 8 g Fiber 646 mg Calcium 502 mg Sodium 93 g Carbohydrate	Jamaican Pork 593 Calories 6 g Fat 6 g Fiber 369 mg Calcium 388 mg Sodium 99 g Carbohydrate
Turkey w/ Gravy 510 Calories 8 g Fat 8 g Fiber 359 mg Calcium 457 mg Sodium 69 g Carbohydrate	Beef Stew 529 Calories 12 g Fat 8 g Fiber 362 mg Calcium 644 mg Sodium 79 g Carbohydrate	Chicken & Bean Chili 655 Calories 16 g Fat 11 g Fiber 539 mg Calcium 466 mg Sodium 92 g Carbohydrate	Herb Chicken 621 Calories 23 g Fat 7 g Fiber 396 mg Calcium 645 mg Sodium 61 g Carbohydrate	Chicken & Broccoli 539 Calories 8 g Fat 9 g Fiber 519 mg Calcium 522 mg Sodium 81 g Carbohydrate
Chicken Parmesan 626 Calories 30 g Fat 9 g Fiber 423 mg Calcium 593 mg Sodium 68 g Carbohydrate	Southwest Pasta 541 Calories 8 g Fat 8 g Fiber 405 mg Calcium 610 mg Sodium 85 g Carbohydrate	Vegetable Lasagna 624 Calories 14 g Fat 10 g Fiber 614 mg Calcium 529 mg Sodium 90 g Carbohydrate	Spaghetti & Meatballs 640 Calories 22 g Fat 11 g Fiber 449 mg Calcium 429 mg Sodium 80 g Carbohydrate	Chicken & Noodles 561 Calories 7 g Fat 10 g Fiber 394 mg Calcium 417 mg Sodium 92 g Carbohydrate
Indiana Chili Mac 513 Calories 17 g Fat 9 g Fiber 466 mg Calcium 579 mg Sodium 64 g Carbohydrate	Ham & Beans 502 Calories 4 g Fat 18 g Fiber 675 mg Calcium 572 mg Sodium 83 g Carbohydrate	Eggs & Sausage 643 Calories 19 g Fat 8 g Fiber 355 mg Calcium 518 mg Sodium 98 g Carbohydrate	Almond Crusted Fish 607 Calories 21 g Fat 5 g Fiber 526 mg Calcium 423 mg Sodium 72 g Carbohydrate	Braised Beef 634 Calories 31 g Fat 7 g Fiber 584 mg Calcium 543 mg Sodium 56 g Carbohydrate

<https://cicoa.org/menu>

chefforhire.com