MVNP Menu, November 2012

29 Salmon Boat with Dill Sauce Whip Sweet Potatoes Broccoli & Cauliflower	**30** *No Meal Served* *Training Day* 	**31** Stuffed Shells Marinara Sauce Parmesan Cheese Green and Gold Beans	**1-Nov** Chicken L'Orange Baked Potato Low Fat Sour Cream French Green Beans	**2** **High Sodium Meal** LS Hot Dog Mustard Packet Baked Beans Coleslaw
Calories: 353 Sodium: 391		Calories: 267 Sodium: 793	Calories: 351 Sodium: 99	Calories: 608 Sodium: 1577
5 Baked Ham Raisin Sauce Whipped Potatoes Mixed Vegetables	**6** Chicken fillet Mushroom Gravy Red Bliss Whip Potatoes California Blend Veggies	**7** Shepherd's Pie (Ground Beef, Whipped Potatoes, and Corn)	**8** Teriyaki Chicken White Rice Country Blend Vegetables	**9** Fish a la Ritz Roasted Red Potatoes Sweet Peas
Calories: 353 Sodium: 937	Calories: 405 Sodium: 779	Calories: 498 Sodium: 258	Calories: 276 Sodium: 621	Calories: 386 Sodium: 248
12 *No Meal Served* *Veteran's Day* 	**13** Cranberry Juice Rotisserie Chicken Rice Pilaf Green Bean Almondine	**14** American Chop Suey Parmesan Cheese Tuscany Blend Veggies	15 Grape Juice Roast Turkey with Gravy Whipped Potatoes Sweet Peas/Cran. Sauce Sites: Pumpkin Pie	**16** Meatballs, Ziti and Marinara Sauce Broccoli and Cauliflower
	Calories: 684 Sodium: 707	Calories: 293 Sodium: 797	Calories: 444 Sodium: 709	Calories: 444 Sodium: 362
19 Thai Chicken White Rice Peas and Carrots	**20** Barbeque Roast Pork Whipped Potatoes California Blend Veggies	**21** Grape Juice Cheese Lasagna Meat Sauce Broccoli & Cauliflower	**22** *No Meal Served* *Thanksgiving Day* 	**23** *No Meal Served* *Thanksgiving* *Weekend*
Calories: 279 Sodium: 672	Calories: 465 Sodium: 804	Calories: 491 Sodium: 686		
26 Baked Chicken Breast with Gravy Whipped Potatoes Scandinavian Blend Veggies	**27** Hamburger Ketchup Potato Wedges Kernel Corn	**28** Macaroni and Cheese Green Beans & Stewed Tomatoes	**29** Beef Meatloaf with Gravy Whipped Potatoes & Chives Vegetable Medley	**30** **High Sodium Meal** Broccoli & Cheese Fish Whipped Potatoes Tuscany Blend Veggies
Calories: 321 Sodium: 268	Calories: 459 Sodium: 187	Calories: 437 Sodium: 418	Calories: 549 Sodium: 535	Calories: 363 Sodium: 1185

Sodium is listed in milligrams. **Suggested donation is $2.00 per meal.**

All meals served with low-fat milk, bread, margarine and dessert.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.