

#	Meal Description	Calories	Protein	Carbs	Fat	Chol.	Sodium	Diet
11	Cacciatore Chicken Tenders <i>w/ Asparagus and Hash Browns</i>	270	29.6	21.4	7.5	63	555	C, GF
12	Pepperoni Pizza <i>w/ Four Seasons Vegetables and Corn</i>	365	18.5	45.8	12.5	30	542	
19	Chicken & Mushroom Swiss Rice <i>w/ Peas & Carrots and Cinnamon Apples</i>	306	30.8	33.7	5.5	67	500	R, C
21	Cheese Lasagna with Meat Sauce <i>w/ Mixed Greens and Corn & Peppers</i>	346	21.3	44.8	10.2	37	627	
23	Homestyle Meatloaf <i>w/ Winter Vegetables & Red Skin Potatoes</i>	281	18.4	26.9	12.7	25	472	C, GF
25	Rosemary Chicken <i>w/ Spring Vegetables and Cinnamon Apples</i>	234	26.6	20.6	4.4	65	550	C, R
35	BBQ Pork Riblets <i>w/ Cauliflower and Green Pea Blend</i>	331	19.6	23.6	17.6	47	810	
44	Breaded Pollock <i>w/ Green Pea Blend and Carrots</i>	265	18	29.3	9.3	45	352	C
46	Stuffed Shells with Meat Sauce <i>w/ Northern Beans and Spring Vegetables</i>	378	25.2	47.9	10.8	34	663	
47	Salisbury Steak <i>w/ Red Skin Potatoes & Mixed Vegetables</i>	289	18.1	28.3	12.8	25	492	C
52	Chicken Patty & Teriyaki Rice <i>w/ Cinnamon Sweet Potatoes & Brussels Sprouts</i>	363	33.7	49.3	5.4	65	498	C
54	Chicken & Dumplings <i>w/ Lima Beans and Winter Vegetables</i>	345	34.2	39	6	71	622	
65	Spaghetti & Meatballs <i>w/ Whole Kernel Corn and Broccoli</i>	365	23.7	41.9	14.1	38	696	C
72	Chicken with Stuffing <i>w/ Spring Vegetables and Broccoli</i>	354	30	30.4	11.6	64	700	
75	Macaroni & Cheese <i>w/ Green Peas and Carrots</i>	241	10.8	31	8.2	19	575	R, V
77	Chicken Parmesan Patty <i>w/ Red Skin Potatoes and Mixed Vegetables</i>	378	17.3	37	18.4	33	491	C
83	Pesto Chicken <i>w/ Carrots and Brussels Sprouts</i>	242	28.6	14	8.5	66	373	C, R, GF
87	Grilled Pork with Mushroom Gravy <i>w/ Cinnamon Sweet Potatoes and Green Beans</i>	341	36.6	24.6	15.9	71	559	C, GF
88	Beef Patty with Onion Gravy <i>w/ Red Skin Potatoes and Broccoli</i>	272	20.8	21.5	12.7	38	396	C
100	Beef Meatballs with Rice & Gravy <i>w/ Peas, Carrots, and Cauliflower</i>	296	22.4	26.8	13	38	41	C, R
66B	French Toast & Sausage <i>w/ Applesauce and Hash Browns</i>	517	13.1	51.9	31.2	42	644	
71B	Cheese Omelet & Salsa <i>w/ Broccoli and Hash Browns</i>	284	14.7	21.4	15.8	261	658	V, GF
73B	Whole Grain Pancakes & Sausage <i>w/ Sweet Potatoes and Cinnamon Apples</i>	400	13.5	40.6	24.6	38	608	
92B	White Gravy over Sausage & Biscuit <i>w/ Cinnamon Apples and Hash Browns</i>	521	12.1	42.9	35.1	37	981	
93B	Breakfast Scramble <i>w/ Asparagus and Hash Browns</i>	259	19.5	17.8	12.5	32	472	R, C, GF

Diet Marker Key:

C = cardiac friendly/low sodium. R = renal friendly. GF = gluten free/celiac friendly. V = vegetarian.