

Frozen Cardiac Meal Menu

	#	Meal Description	Fruit	Grain	Calories	Protein	Carbs	Sodium	Fat	Chol.
Cardiac A - Week 1	88	Beef Patty & Onion Gravy w/ Red Skin Potatoes and Broccoli	Cranberry Juice	Wheat Bread & Margarine	492	30.8	63	656	19	43
	25	Rosemary Chicken w/ Spring Vegetables and Cinnamon Apples	Peaches		374	32	47	680	10	70
	23	Homestyle Meatloaf w/ Winter Vegetables & Red Skin Potatoes	Peaches		421	26	53	602	49.7	30
	85	Breaded Fish Wedge w/ Cauliflower and Green Beans	Mandarin Oranges	Wheat Bread & Margarine	429	25	61.4	670	13	45
	16	Meatballs & Pizzaiola Noodles w/ Green Beans and Carrots	Mandarin Oranges		422	28.7	48.4	718	19.1	49
	47	Salisbury Steak w/ Red Skin Potatoes & Mixed Vegetables	Applesauce		429	26.8	54	622	19.7	54
	77	Chicken Parmesan Patty w/ Red Skin Potatoes and Mixed Vegetables	Pears		618	27.3	52.3	621	23.4	79
Average:					455.0	28.1	54.2	652.7	22.0	52.9
Cardiac B - Week 2	42	Beef Pepper Patty with Gravy w/ Mixed Greens and Sweet Potatoes	Mixed Fruit		436	30	53.3	572	17.5	32
	39	Bruschetta Chicken w/ Green Beans and Red Skin Potatoes	Applesauce		433	35.2	48.3	589	15.8	68
	38	Beef Strips & Gravy w/ Mixed Greens and Four Seasons Vegetables	Grape Juice	Wheat Bread & Margarine	458	31.2	54.7	652	17.6	45
	87	Grilled Pork & Gravy w/ Sweet Potatoes and Mixed Greens	Applesauce		481	38.6	51.6	689	20.9	76
	83	Pesto Chicken w/ Carrots and Brussels Sprouts	Pears	Wheat Bread & Margarine	762	38.6	56	635	13.5	71
	100	Beef Meatballs with Rice & Gravy w/ Peas, Carrots, and Cauliflower	Cranberry Juice		426	30	54	548	17.5	53.3
	52	Chicken Patty & Teriyaki Rice w/ Cinnamon Sweet Potatoes & Brussels Sprouts	Pears		523	41.7	53	628	11	76.3
Average:					502.7	35.0	53.0	616.1	16.3	60.2