

**Carbs (g):** Approximate grams of carbohydrates are shown for the **entree (tray only)** and the full meal  
♥ **Heart Friendly:** <800mg Sodium <30% Fat <10% Sat. Fat \* **Lower Sodium:** <800mg sodium

ITEM	Breakfast	CARBS (g)
973	French Toast with Pork Breakfast Patty and Cinnamon Apples	24 96
*♥ 974	Creamy Corn Flakes with Blueberry Sauce and Brown Sugar Pork and Peaches and Raspberry Applesauce	75 104
975	Scrambled Eggs with Brown Sugar Pork, Bread and Cinnamon Apples	65 77
976	Spicy Italian Style Pork Patty, Cheese Omelet and Sweet Potato Bread with Fruit and Applesauce	59 85

### Lunch and Dinner

963	<b>NEW</b> Roast Turkey with Stuffing and Gravy, Cranberry Applesauce and Chocolate Pudding	67 102
964	Roasted Chicken with Gravy, Mashed Potatoes, Green Beans & Carrots, Applesauce and Vanilla Pudding	25 74
966	Roast Beef with Gravy and Mashed Potatoes, Brown Sugar Glazed Carrots and Vanilla Pudding	39 74
* 968	Open Faced Roast Pork Sandwich with BBQ Sauce and Broccoli, Raspberry Applesauce and Vanilla Pudding	39 91
* 969	Philly Cheesesteak Sandwich and Sweet Potatoes and Blueberry Applesauce	52 81
970	Roasted Pork with Gravy, Cheesy Mashed Potatoes and Green Beans, Applesauce and Chocolate Pudding	28 76
971	Tuna Melt with Carrots, Blueberry Applesauce and Chocolate Pudding	32 83
972	Meatloaf with Mashed Potatoes and Green Beans, Raspberry Applesauce and Vanilla Pudding	41 93

Refrigerate meals  
upon arrival.

All Meals include Milk.

**Please select the meals that are most appropriate for your dietary needs.**

**Menus are subject to change.**

As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.

