

# SRMC MOBILE MEALS ~ WEEK 5

|                            | REGULAR                |       | DIABETIC               |       | NAS                  |       | DIABETIC NAS           |       |
|----------------------------|------------------------|-------|------------------------|-------|----------------------|-------|------------------------|-------|
| M<br>O<br>N<br>D<br>A<br>Y | Seasoned Baked Chicken | 3oz   | Seasoned Baked Chicken | 3oz   | Season Baked Chicken | 3oz   | Seasoned Baked Chicken | 3oz   |
|                            | Rice Pilaf             | 1/2 C | Rice Pilaf             | 1/2 C | Rice Pilaf           | 1/2 C | Rice Pilaf             | 1/2 C |
|                            | Garden Peas            | 1/2 C | Garden Peas            | 1/2 C | Garden Peas          | 1/2 C | Garden Peas            | 1/2 C |
|                            | Mixed Fruit            | 1     | Mixed Fruit            | 1     | Mixed Fruit          | 1     | Mixed Fruit            | 1     |
|                            | Vanilla Pudding        | 1     | LS Van Pudding         | 1     | Vanilla Pudding      | 1     | Ls Van Pudding         | 1     |
|                            | Egg Salad/ Bun         | 1/3 C | Egg Salad/ Bun         | 1/3 C | Egg Salad/ Bun       | 1/3 C | Egg Salad/ Bun         | 1/3 C |
|                            | Apple                  | 1     | Apple                  | 1     | Apple                | 1     | Apple                  | 1     |
|                            | 2% Milk                | 2     | 2% Milk                | 2     | 2% Milk              | 2     | 2% Milk                | 2     |

|                                                          |                                                                                                                                                   |                                                             |                                                                                                                                                   |                                                             |                                                                                                                                                       |                                                             |                                                                                                                                                       |                                                             |
|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | Mexican Meatloaf<br>Whipped Potatoes/<br>Gravy<br>Corn O'Brian<br>Applesauce<br>Choc. Chip Cookie<br>Ham/Swiss/Bun<br>Mandarin Oranges<br>2% Milk | 3oz<br>1/2 C<br>1/4 C<br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>2 | Mexican Meatloaf<br>Whipped Potatoes/<br>Gravy<br>Corn O'Brian<br>Applesauce<br>Choc. Chip Cookie<br>Ham/Swiss/Bun<br>Mandarin Oranges<br>2% Milk | 3oz<br>1/2 C<br>1/4 C<br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>2 | Mexican Meatloaf<br>Whipped Potatoes/<br>Gravy<br>Corn O'Brian<br>Applesauce<br>Choc. Chip Cookie<br>Chicken Salad/Bun<br>Mandarin Oranges<br>2% Milk | 3oz<br>1/2 C<br>1/4 C<br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>2 | Mexican Meatloaf<br>Whipped Potatoes/<br>Gravy<br>Corn O'Brian<br>Applesauce<br>Choc. Chip Cookie<br>Chicken Salad/Bun<br>Mandarin Oranges<br>2% Milk | 3oz<br>1/2 C<br>1/4 C<br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>2 |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | BBQ Chicken<br>Breast<br>Parsley Potatoes<br>Green Beans<br>Diced Pear<br>Gelatin<br>Turkey/Swiss/Bun<br>Banana<br>2% Milk                        | 1<br><br>1/2 C<br>1/4 C<br>1<br>1<br>2/1oz<br>1<br>2        | BBQ Chicken<br>Breast<br>Parsley Potatoes<br>Green Beans<br>Diced Pear<br>LC Gelatin<br>Turkey/Swiss/Bun<br>Banana<br>2% Milk                     | 1<br><br>1/2 C<br>1/4 C<br>1<br>1<br>2/1oz<br>1<br>2        | BBQ Chicken<br>Breast<br>Parsley Potatoes<br>Green Beans<br>Diced Pear<br>LS Gelatin<br>Turkey/Swiss/Bun<br>Banana<br>2% Milk                         | 1<br><br>1/2 C<br>1/4 C<br>1<br>1<br>2/1oz<br>1<br>2        | BBQ Chicken<br>Breast<br>Parsley Potatoes<br>Green Beans<br>Diced Pear<br>LC Gelatin<br>Turkey/Swiss/Bun<br>Banana<br>2% Milk                         | 1<br><br>1/2 C<br>1/4 C<br>1<br>1<br>2/1oz<br>1<br>2        |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | Escalloped Turkey<br>Whipped Potatoes/<br>Gravy<br>Sliced Carrots<br>Grapes<br>Sugar Cookie<br>Chicken Salad/Bun<br>Applesauce<br>2% Milk         | 1 oz<br>1/2 C<br><br>1/2 C<br>1<br>1<br>1/3C<br>1<br>2      | Escalloped Turkey<br>Whipped Potatoes/<br>Gravy<br>Sliced Carrots<br>Grapes<br>Sugar Cookie<br>Chicken Salad/Bun<br>Applesauce<br>2% Milk         | 1oz<br>1/2 C<br>1/2 C<br>1<br>1<br>1/3C<br>1<br>2           | Escalloped Turkey<br>Whipped Potatoes/<br>Gravy<br>Sliced Carrots<br>Grapes<br>Sugar Cookie<br>Chicken Salad/Bun<br>Applesauce<br>2% Milk             | 1 oz<br>1/2 C<br>1/2 C<br>1<br>1<br>1/3C<br>1<br>2          | Escalloped Turkey<br>Whipped Potatoes/<br>Gravy<br>Sliced Carrots<br>Grapes<br>Sugar Cookie<br>Chicken Salad/Bun<br>Applesauce<br>2% Milk             | 1oz<br>1/2 C<br>1/2 C<br>1<br>1<br>1/3C<br>1<br>1           |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | Penne Pasta/Meat<br>Sauce<br>Broccoli Florets<br>Orange<br>Chocolate Pudding<br>Salami/Provolone/<br>Bun<br>Diced Peaches<br>2% Milk              | 4oz<br><br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>1<br>2          | Penne Pasta/ Meat<br>Sauce<br>Broccoli Florets<br>Orange<br>LC Choc Pudding<br>Salami/Provolone/<br>Bun<br>Diced Peaches<br>2% Milk               | 4oz<br><br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>1<br>2          | Penne Pasta/ Meat<br>Sauce<br>Broccoli Florets<br>Orange<br>Chocolate Pudding<br>Turkey/Swiss/Bun<br>Diced Peaches<br>2% Milk                         | 4oz<br><br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>1<br>2          | Penne Pasta/ Meat<br>Sauce<br>Broccoli Florets<br>Orange<br>LC Choc Pudding<br>Turkey/Swiss/Bun<br>Diced Peaches<br>2% Milk                           | 4oz<br><br>1/2 C<br>1<br>1<br>2/1oz<br>1<br>2               |