

SRMC MOBILE MEALS ~ Week 1

	REGULAR		DIABETIC		NAS		DIABETIC NAS	
M O N D A Y	Home Style Turkey Whipped Potatoes w/ Gravy Green Beans Mixed Fruit Gelatin Ham/ Swiss/ Bun Apple 2% Milk	3oz. 1/2 C 1/2 C 1 1 2/1oz 1 2	Home Style Turkey Whipped Potatoes w/ Gravy Green Beans Mixed Fruit LC Gelatin Ham/ Swiss/ Bun Apple 2% Milk	3oz. 1/2 C 1/2 C 1 1 2/1oz 1 2	Home Style Turkey Whipped Potatoes w/ Gravy Green Beans Mixed Fruit Gelatin Turkey/ Swiss/ Bun Apple 2% Milk	3oz. 1/2 C 1/2 C 1 1 2/1oz 1 2	Home Style Turkey Whipped Potatoes w/ Gravy Green Beans Mixed Fruit LC Gelatin Turkey/ Swiss/ Bun Apple 2% Milk	3oz. 1/2 C 1/2 C 1 1 2/1oz 1 2
T U E S D A Y	Penne w/ Sauce Meatballs Capri Vegetables Applesauce Sugar Cookie Tuna Salad/ Bun Mandarin Oranges 2% Milk	2 2 1/2 C 1 1 1/3 C 1 2	Penne w/ Sauce Meatballs Capri Vegetables Applesauce Sugar Cookie Tuna Salad/ Bun Mandarin Oranges 2% Milk	2 2 1/2 C 1 1 1/3 C 1 2	Penne w/ Sauce Meatballs Capri Vegetables Applesauce Sugar Cookie Tuna Salad/ Bun Mandarin Oranges 2% Milk	2 2 1/2 C 1 1 1/3 C 1 2	Penne w/ Sauce Meatballs Capri Vegetables Applesauce Sugar Cookie Tuna Salad/ Bun Mandarin Oranges 2% Milk	2 2 1/2 C 1 1 1/3 C 1 2
W E D N E S D A Y	Chicken Marsala Rice Pilaf Prince Ed. Blend Banana Vanilla Pudding Salami/American Bun Diced Pears 2% Milk	3 oz 1/2 C 1/2 C 1 1 2/1oz 1 1 2	Chicken Marsala Rice Pilaf Prince Ed. Blend Banana LC Van Pudding Salami/American Bun Diced Pears 2% Milk	3 oz 1/2 C 1/2 C 1 1 2/1oz 1 1 2	Chicken Marsala Rice Pilaf Prince Ed. Blend Banana Vanilla Pudding Turkey/Swiss/ Bun Diced Pears 2% Milk	3 oz 1/2 C 1/2 C 1 1 2/1oz 1 2	Chicken Marsala Rice Pilaf Prince Ed. Blend Banana LC Van Pudding Turkey/Swiss/ Bun Diced Pears 2% Milk	3 oz 1/2 C 1/2 C 1 1 2/1oz 1 2
T H U R S D A Y	Salisbury Steak w/ Gravy Fluffy Noodles w/ Gravy Mixed Vegetables Grapes Lorna Doones Egg Salad/Bun Applesauce 2% Milk	3 oz 1/2 C 1/2 C 15 1 2/1oz 1 2	Salisbury Steak w/ Gravy Fluffy Noodles w/ Gravy Mixed Vegetables Grapes Lorna Doones Egg Salad/Bun Applesauce 2% Milk	3 oz 1/2 C 1/2 C 15 1 2/1oz 1 2	Salisbury Steak w/ Gravy Fluffy Noodles w/ Gravy Mixed Vegetables Grapes Lorna Doones Egg Salad/Bun Applesauce 2% Milk	3 oz 1/2 C 1/2 C 15 1 2/1oz 1 2	Salisbury Steak w/ Gravy Fluffy Noodles w/ Gravy Mixed Vegetables Grapes Lorna Doones Egg Salad/Bun Applesauce 2% Milk	3 oz 1/2 C 1/2 C 15 1 2/1oz 1 2
F R I D A Y	Tuna Noodle Casserole Sliced Carrots Orange Chocolate Pudding Chicken Salad /Bun Diced Peaches 2%Milk	1 C 1/2 C 1 1 1/3 C 1 2	Tuna Noodle Casserole Sliced Carrots Orange LC Choc Pudding Chicken Salad /Bun Diced Peaches 2%Milk	1 C 1/2 C 1 1 1/3 C 1 2	Tuna Noodle Casserole Sliced Carrots Orange Chocolate Pudding Chicken Salad /Bun Diced Peaches 2%Milk	1 C 1/2 C 1 1 1/3 C 1 2	Tuna Noodle Casserole Sliced Carrots Orange LC Choc Pudding Chicken Salad /Bun Diced Peaches 2%Milk	1 C 1/2 C 1 1 1/3 C 1 2