






MVNP 2012 REGULAR MENU

	1 Rosemary Chicken Qtr Scallop Potatoes California Veggies Cranberry Sauce Gelatin / Diet Gelatin Multigrain Bread	2 Sausage with Peppers & Onions Haystack Potato Mixed Vegetables Mustard & Ketchup Fresh Banana Small Sub Roll	<i>Older Americans Day</i> Grape Juice Burgundy Beef Tips White Rice Glazed Carrots Fruit Cobbler Dinner Roll	4  Macaroni & Cheese Zucchini & Tomatoes Pineapple Dried Mixed Fruits Light Rye Bread
7 Potato Crunch Fish Whip Potato & Chives Green & Gold Beans Fresh Apple Dried Plums Oatmeal Bread	 8 Mild Chili LF Sour Cream Kernel Corn/Tortilla Chips Pears Whole Wheat Bread	9 Cranberry Juice Thai Chicken White Rice Mixed Vegetables Ice Cream Cup Low Fat Fruit Loaf	10 Roast Pork with Gravy Red Bliss Whip Potatoes California Veggies Fruit Cocktail Whole Wheat Bread	11 Cheese Lasagna Marinara Sauce Parmesan Cheese Peas & Mushrooms Lorna Doones Oatmeal Bread
14 Chicken Breast Fillet Cranberry Sauce Baked Potato Low Fat Sour Cream Carrots & Turnips Ice Cream Cup Whole Wheat Dinner Roll	15 Meatballs with Gravy Whipped Potatoes Mixed Vegetables Peaches Dried Mixed Fruits Multigrain Bread	16 Krunchy Lite Fish Potato Wedges Ketchup California Veggies Applesauce Oatmeal Bread	17 <i>Birthday Meal</i> Roast Turkey with Gravy Whipped Potatoes Carrot Coins Cranberry Sauce Birthday Cake Plain Cake Diets Snowflake Dinner Roll	18 Garlic Bkd Chicken Qtr Florentine Rice Whipped Squash Fresh Banana Low Fat Muffin
21 Teriyaki Chicken Breast White Rice Oriental Vegetables Pineapple Whole Wheat Bread	22 LS Hot Dog Mustard & Relish New Eng Baked Beans Coleslaw	23 Rotisserie Chicken Otr Cranberry Sauce Red Bliss Whip Potatoes Tuscany Blend Veggies	24 Apple Juice American Chop Suey Parmesan Cheese Mixed Vegetables Pears Dried Plums Light Rye Bread	25 Hamburger & Ketchup Haystack Potatoes Succotash LS Potato Chips
28  <i>Memorial Day Holiday No Meal Served</i>	Fresh Apple Hot Dog Bun 29 Cranberry Juice Chicken Breast Fillet Dirty Rice Peas & Carrots Oatmeal Cookie Whole Wheat Bread	Fig Bars Oatmeal Bread 30 Shepherd's Pie (Ground Beef, Whip Pot & Corn) Fruited Gelatin Diet Gelatin Oatmeal Bread	31 Chicken, Broccoli and Ziti with Alfredo Sauce Fresh Orange Dinner Roll	

All meals include low-fat milk & margarine upon request.

Suggested donation is \$2.00 per meal.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.