

FSW, INC. NEW HAVEN - MERIDEN HISPANIC CAFE

Nutrition for mind, body and spirit
May 2011

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
BIRTHDAY CAKE DAY Cranapple Juice Terriyaki Chicken Fillet Fluffy Rice Chinese Vegetables Whole Wheat Bread Birthday Cake	Pineapple Juice Sausage & 1/2 c. Peppers Oven Fried Potato Mixed Vegetables 4" Whole Wheat Grinder Roll Orange	Meatballs w/Marinara Sce. Shells w/Marinara Sce. Parmesan Cheese 1 c.Tossed Salad w/Sliced Black Olives Italian dressing -2 pkts. Italian Bread Very Ripe Seasonal Fresh Fruit	100% Fruit Punch Beef Stew- 1 1/2 cup w/1/2 c. Potatoes and 1/2 carrots 1 c.Mixed Greens Salad and Cherry Tom.,Ranch Dressing - 2 pkts. Rye Bread (no seeds) Special Cookie	Large Cod Fish Soup w/Onions & Celery Carrots and Peppers White/Brown Rice Combo Cut Green Beans Whole Wheat Dinner Roll Orange
9	10	11	12	13
Lentil Soup Spanish Beef & Macaroni in Italian Sauce and Sofrito Tossed Greens -1 c. Italian Dressing - 2pkts. Kaiser Roll (no seeds) Mandarin Orange Slices	Orange Juice Roast Fresh Ham No Gravy Sweet Potatoes Mixed Vegetables Whole Wheat Bread Oatmeal Raisin Cookie	Southern Style Fried Chicken Macaroni & Cheese Tossed Garden Salad Ranch Dressing- 2pkts. Corn Bread Orange	MOTHER'S DAY CELEBRATION Cranapple Juice Roasted Turkey No Gravy Boiled Yucca California Blend Veg. Whole Wheat Dinner Roll Lemon Layer Cake	Baked Salmon Boat w/Dill Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Mandarin Orange Slices
16	17	18	19	20
Pineapple Juice BBQ Chicken Patty Macaroni & Cheese SFFF Spinach Kaiser Roll (no seeds) Sliced Pears	Pernil 1/2 c. Red Rice Vegetable Medley Whole Wheat Bread Chocolate Chip Cookie	Cream of Carrot Soup Angus Burger Garden Salad Italian Dressing-2 pkts. Cut Green Beans Whole Wheat Sand. Roll Mandarin Orange Slices	Cranapple Juice Honey Glazed Chicken Quarter Cranberry Sauce White/Wild Rice Combo Peas and Mushrooms Oat Bread Tropical Fruit Cup	Eggplant Rollatini w/Marinara Sauce 1/2 c. Parmesan Cheese Mixed Vegetables Tossed Salad w/Sl. Black Olives Italian Dressing-2 pkts. Italian Bread Pineapple Tiblets
23	24	25	26	27
Cream of Broccoli Soup Crackers Hot Grilled Chicken No Gray Petite Corn Tossed Salad Italian Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Fruit Cocktail	Orange Juice Turkey Kielbasa Mustard Sauerkraut Cut Green Beans Hot Dog Roll Apricots	Swedish Meatballs Butter Noodles Mixed Vegetables Whole Wheat Dinner Roll Orange	MEMORIAL DAY CELEBRATION 100% Fruit Punch LF LS Hot Dog - footlong Baked Beans Mustard/Ketchup Creamy Cole Slaw 1/2 c. Hot Dog Roll Watermelon Ice	Chicken Salad Plate on Lettuce/Tomato and Cucumber 3-Bean Salad French Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Slices
30	31			
MEMORIAL DAY HOLIDAY NO LUNCH PROGRAM	Pineapple Juice Chef's Salad Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce Potato Salad Creamy Cole Slaw Pumpnickel Bread Vanilla Pudding w/Topping		All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified	All Soups come with unsalted Crackers * The dessert is the same for both meals All Soups and Entrees Gravies,Sauces,and Salad Dressings and Desserts are Low Fat and Low Salt
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk - 1% or equivalent		1c Vegetable and Fruit or equivalent		2oz. Protein
and 2 Bread servings or equivalent (enriched or whole grain)				