

May Dinner Menu

Pork Rib with Florentine Sauce
Mashed Sweet Potatoes
Oven Roasted Brussel Sprouts
Blueberry Yogurt Parfait
Orange
Milk

Nutrition Information:

Calories: 1016
Fat: 32g
Saturated Fat: 8g
Protein: 55g
Total Carbohydrates: 129g
Fiber: 18g
Sodium: 556mg
Potassium: 2561mg

Pasta Primavera
Ceasar Salad
Fruit Salad
Wheat Dinner Roll with Margarine
Tiramisu
Milk

Calories: 2334
Fat: 185g
Saturated Fat: 36g
Protein: 43g
Total Carbohydrates: 146g
Fiber: 11g
Sodium: 1191mg
Potassium: 1425mg

BBQ Chicken (Leg & Thigh)
Baked Beans
Sauteed Zucchini and Tomato
9-Grain Bread with Margarine
Apple Cobbler with Whip Cream
Citrus Fruit Cup
Milk

Calories: 828
Fat: 33g
Saturated Fat: 8g
Protein: 37g
Total Carbohydrates: 102g
Fiber: 11g
Sodium: 962mg
Potassium: 1341mg

Smoky Beef Sirloin Chili
Peas and Pearl Onion
Cornbread with Margarine
Chocolate Iced Brownie
Banana
Milk

Calories: 1050
Fat: 42g
Saturated Fat: 13g
Protein: 41g
Total Carbohydrates: 131g
Fiber: 13g
Sodium: 1082mg
Potassium: 1436mg

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

Cathedral Plaza: Wednesdays 4:30pm
VOA ANS Center: Thursdays 4:30-5:30pm