



Puree Meal Choice Menu

To place or change an order:

Ph: (616)-459-3111 ext. 1

8:00 am-3:30 pm M-F

All meals come with a fruit serving (variety) and choice of milk (8 oz per meal).

Item #	POULTRY OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-1	Baked Chicken w/ gravy, mashed potatoes, buttered peas w/bread crumbs	472	36.3	42.5	15.9	500
P-2	BBQ Chicken, sweet potato mash, steamed broccoli w/bread crumbs	418	29	55.6	7.6	452
P-3	Thick n Creamy Chicken noodle soup, mashed potatoes, steamed broccoli	542	23	76.1	14	567
P-5	Sliced Turkey, sweet potato mash, steamed green beans w/ bread crumbs & fruit side	325	20.3	42.1	5.9	520
P-12	Turkey Meatloaf w/ gravy, mashed potatoes, glazed carrots	442	18.6	43.7	19.9	534
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-21	Roast Beef w/gravy, mashed potatoes, steamed green beans w/bread crumbs	481	23.2	39	25.2	472
P-38	Homemade Goulash, glazed carrots, buttered peas	455	24.6	51.9	15.9	684

All meals will be served with one of the fruit sides listed at the bottom of this menu.

Item #	PORK OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-44	Slow-Roasted Pork Loin w/ gravy, sweet potato mash, steamed broccoli w/ bread crumbs	418	23.7	43.1	14.6	377
Item #	FISH OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-56	Chef's Special Tuna Noodle Casserole, steamed broccoli, glazed carrots	419	23.1	45.5	13.4	771
Item #	VEGETARIAN OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-61	Cheesy Macaroni Noodles, steamed green beans, glazed carrots	582	18.6	63.6	27.2	565
Item #	BREAKFAST OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-72	Cheese Omelet & Maple Turkey Sausage, oatmeal, sweet potato hash	485	25	53	20.3	598
	Milk per 8 ounce serving (1/2 Pint)	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
	2% Milk	120	8	11	5	120
	Fat Free (Skim) Milk	80	8	11	0	120
	Low-fat Chocolate Milk	150	8	23	2.5	240
	1% Buttermilk	120	9	14	25	440

	Fruit Nutrition Information (No Choice)	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
	Strawberry Applesauce	60	0	15	0	10
	Unsweetened Applesauce	86	0	22	0	3
	4 oz Juice: Orange Tangerine	50	0	12	0	25
	4 oz Juice: Fruit Punch	60	0	15	0	5