



June 2023 MVES-SCES Asian-Vietnamese HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
						1	Chicken Teriyaki White Rice Broccoli Fruit Margarine	NA+ 856 50 6 0 30	2	Chinese BBQ Pork White Rice Water Spinach Cinnamon Pineapple Margarine	NA+ 247 50 59 10 30			
							Cal:749 CHO:94g Na:1067mg	1067		Cal:890 CHO:80g Na:521mg	521			
5	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Cabbage Shortbread Cookie Margarine	NA+ 434 50 34 150 30	6	Turmeric & Ginger Fish White Rice Bok Choy Fruit Margarine	NA+ 318 50 57 0 0	7	Sweet & Sour Chicken White Rice Broccoli Fruit Margarine	NA+ 556 50 6 0 30	8	Meal Served Cold Shrimp Spring Rolls (2) w/ Nuoc Cham Sesame Noodle Salad Cabbage Slaw Ambrosia Fruit Salad Margarine	NA+ 460 317 75 1 30	9	Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice Bok Choy Fruit Margarine	NA+ 434 50 57 0 30
	Cal:927 CHO:93g Na:823mg	823		Cal:724 CHO:85g Na:550mg	550		Cal:743 CHO:103g Na:767mg	767		Cal:702 CHO:93g Na:1008mg	1008		Cal:805 CHO:115g Na:697mg	696
12	Pork Lo Mein Noodles Broccoli Fruit Margarine	NA+ 420 33 6 0 30	13	Honey Orange Chicken White Rice Broccoli Fruit Margarine	NA+ 560 50 34 0 30	14	Pork Fried Rice White Rice Water Spinach Fruit Margarine	NA+ 315 50 59 0 30	15	Teriyaki Salmon White Rice Broccoli Fruit Margarine	NA+ 590 50 6 0 30	16	Oven Crispy Chicken Bites Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 456 164 35 180 105 30
	Cal:925 CHO:90g Na:614mg	614		Cal:805CHO:110g Na:799mg	799		Cal:963 CHO:91g Na:579mg	579		Cal:757 CHO:100g Na:801mg	801		Cal:772 CHO:92g Na:1095mg	1095
19	Holiday - No Meals		20	Mongolian Beef White Rice Cabbage Fruit Margarine	NA+ 660 50 34 30 0	21	Bun Ga Nuong (Lemongrass Chicken) White Rice Broccoli Fruit Margarine	NA+ 602 50 6 0 30	22	Sweet & Sour Pork w/ Pineapples & Tomatoes White Rice Water Spinach Fruit Margarine	NA+ 699 50 59 0 30	23	Meal Served Cold Chicken Bahn-Mi Sandwich Whole Grain Hoagie Cucumber Salad Banana Pudding Margarine	NA+ 252 260 2 121 30
				Cal:825 CHO:98g Na:899mg	899		Cal:807 CHO:97g Na:813mg	813		Cal:774 CHO:93g Na:963mg	963		Cal:625 CHO:75g Na:790mg	790
26	Green Curry White Fish White Rice Cabbage Fruit Margarine	NA+ 614 50 34 0 30	27	Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy Fruit Margarine	NA+ 592 50 57 0 30	28	Vietnamese Pork Curry White Rice Water Spinach Fruit Margarine	NA+ 169 50 59 0 30	29	Chicken Teriyaki White Rice Broccoli Strawberry Loaf Cake Margarine	NA+ 856 50 6 100 30	30	Chinese BBQ Pork White Rice Water Spinach Fruit Margarine	NA+ 247 50 59 0 30
	Cal:702 CHO:85g Na:853mg	853		Cal:764 CHO:85g Na:854mg	854		Cal:835 CHO:88g Na:433mg	433		Cal:829 CHO:110g Na:1167mg	1167		Cal:890 CHO:80g Na:511mg	511

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.