



LA Coast PACE Menu

September Week 4

-Menu Subject to Change-

"This meal has been prepared in a facility that processes milk, peanuts, tree nuts, fish, wheat, eggs, soy and shellfish."



Monday

Entrée/ DIABETIC/NAS: Red Beans and Rice with Smoked Turkey Breast, Mustard Greens (1059)

1 cup Red Beans and Rice with Smoked Turkey Breast
½ cup Mustard Greens

(Calories 305, Fat 4 gm, Sat. Fat 2 g, Chol 39 mg, Pro 28 gm, Carbs 38 gm, Sodium 692 mg, Pot 934 mg, Phos 345 mg)

Ingredients: Red Beans and Rice with Smoked Turkey Breast -red beans, ham, bell pepper, onion, turkey sausage, turkey breast, green chili pepper, green onion, vegetable stock, liquid smoke, parsley, garlic, black pepper, bay leaf, seasoning salt. Mustard Greens -mustard greens, garlic, salt

RENAL/ DIABETIC/LOW SODIUM: Chicken Posole Mi Casa, Yellow Rice, Zucchini (5599)

¾ cup Chicken Posole Mi Casa
½ cup Yellow Rice
½ cup Zucchini

(Calories 400, Fat 12 gm, Sat. Fat 3 g, Chol 70 mg, Pro 33 gm, Carbs 43 gm, Sodium 463mg, Pot 478 mg, Phos 219 mg)

Ingredients: Chicken Pozole Mi Casa: chicken breast, hominy, sodium free chicken base (contains egg solids), green chili pepper, corn oil, onion, garlic, oregano, salt, black pepper, Yellow Rice-converted rice, margarine/butter blend, turmeric, Zucchini. Contains: soy, egg, milk

GI/ LOW SODIUM: Beef Patty with Mushroom Gravy, White Rice, Corn GI (5393)

(1) 3 oz. Beef Patty with Mushroom Gravy
½ cup White Rice
½ cup Corn

(Calories 385, Fat 15 gm, Sat. Fat 6 g, Chol 71 mg, Pro 26 gm, Carbs 38 gm, Sodium 175 mg, Pot 546 mg, Phos 234 mg)

Ingredients: Beef Patty with Mushroom Gravy -Ground beef (85% lean), low sodium brown gravy (contains wheat, soy and milk products), mushrooms Rice, Corn. Contains: soy, wheat, milk

VEG/ DIABETIC/NAS: Spaghetti with Marinara Sauce, Parmesan Cheese, Seasoned Red Beans, Peas (5591)

1 cup spaghetti with marinara and parmesan
½ cup Seasoned Red Beans
½ cup Peas

(Calories 445, Fat 10 gm, Sat. Fat 5 g, Chol 25mg, Pro 27 gm, Carbs 64 gm, Sodium 905mg, Pot 824mg, Phos 447 mg)

Ingredients: Spaghetti Marinara with Parmesan -marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), spaghetti pasta (enriched durum wheat semolina), parmesan cheese, Seasoned Red Beans -red beans, tomato, garlic, thyme, seasoning salt, black pepper, canola oil. Peas. Contains: wheat, milk

Tuesday

Entrée/ DIABETIC/NAS: Beef & Bean Burrito, Lentils, Carrots (1563)

(1) 5 oz. Beef & Bean Burrito
½ cup Lentils
½ cup Carrots

(Calories 508, Fat 18 gm, Sat. Fat 6 g, Chol 20 mg, Pro 20 gm, Carbs 67 gm, Sodium 656 mg, Pot 516 mg, Phos 200 mg)

Ingredients: Beef and Bean Burrito -filling[water, ground beef, refried pinto beans, pasteurized processed american cheese, onions, tomato paste, taco seasoning, flour, salt, garlic], tortillas(bleached enriched wheat flour), Lentils, Carrots. Contains: milk, soy, wheat

RENAL/ DIABETIC/LOW SODIUM: Apricot Chicken, Buttered Noodles, Buttered Carrots (5558)

5 oz. Apricot Chicken Thigh
½ cup Buttered Egg noodles
½ cup Buttered carrots

(Calories 668, Fat 31 gm, Sat. Fat 8 g, Chol 84 mg, Pro 32 gm, Carbs 64 gm, Sodium 203 mg, Pot 444 mg, Phos 249 mg)

Ingredients: Apricot Chicken -chicken thigh, apricot preserves, sodium free chicken base (contains egg solids), shallots, black pepper Noodles -egg noodles (enriched durum semolina, durum flour, egg yolks), margarine/butter blend (contains milk and soy), garlic powder, Carrots- carrots, margarine/butter blend (contains milk and soy) Contains: soy, egg, wheat, milk

GI/ DIABETIC/LOW SODIUM: Apricot Chicken, Noodles, Carrots (5537)

5 oz. Apricot Chicken Thigh
½ cup Egg noodles
½ cup carrots

(Calories 429, Fat 11 gm, Sat. Fat 3 g, Chol 121 mg, Pro 39 gm, Carbs 43 gm, Sodium 130 mg, Pot 465 mg, Phos 330 mg)

Ingredients: Apricot Chicken -chicken, apricot preserves, sodium free chicken base (contains egg solids), Noodles -egg noodles (enriched durum semolina, durum flour, egg yolks), Carrots. Contains: soy, egg, wheat, milk

VEG/NAS: Italian Strata, Seasoned Pinto Beans, Carrots (5311)

1 cup Italian Strata
½ cup Seasoned Pinto beans
½ cup Carrots

(Calories 430, Fat 10 gm, Sat. Fat 4 g, Chol 67 mg, Pro 26 gm, Carbs 58 gm, Sodium 900 mg, Pot 1587 mg, Phos 462 mg)

Ingredients: Italian Strata Casserole -spinach, lasagna noodles (enriched durum wheat semolina), marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), egg, ricotta cheese, parmesan cheese, basil, nutmeg, black pepper, Seasoned Pinto beans -pinto beans, garlic, thyme, bay leaf, salt, Carrots. Contains: wheat, egg, milk

Wednesday

Entrée/ DIABETIC/LOW SODIUM: Roasted Herb Chicken, Egyptian Lentils, Rice (1576)

(1) 5 oz. Roasted Herb Chicken
½ cup Egyptian Lentils
½ cup White Rice

(Calories 561, Fat 18 gm, Sat. Fat 3 g, Chol 63 mg, Pro 37 gm, Carbs 62 gm, Sodium 256 mg, Pot 755 mg, Phos 434 mg)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, rosemary, garlic, basil, oregano, black pepper, salt, Egyptian Lentils -lentils, garbanzo beans, tomato sauce, onion, olive oil, cider vinegar, lemon juice, thyme, garlic, oregano, Rice. Contains: milk

RENAL/ DIABETIC/LOW SODIUM: Beef Stroganoff with Noodles, Rice, Broccoli/Cauliflower Mix (5585)

1 cup Beef Stroganoff with Noodles
½ cup Rice
½ cup Broccoli/Cauliflower Mix

(Calories 544, Fat 17 gm, Sat. Fat 7 g, Chol 142 mg, Pro 39 gm, Carbs 55 gm, Sodium 260 mg, Pot 581 mg, Phos 326 mg)

Ingredients: Beef Stroganoff with Noodles -ground beef (85% lean), mushrooms, egg noodles (enriched durum semolina, durum flour, egg yolks), onion, burgundy wine, sour cream, garlic, rosemary, Rice, Broccoli/Cauliflower Mix -broccoli, cauliflower. Contains: wheat, egg

GI/ DIABETIC/LOW SODIUM: Beef Stroganoff with Noodles, Mashed Potatoes, Carrots (5436)

1 cup Beef Stroganoff with Noodles
½ cup Mashed Potatoes
½ cup Carrots

(Calories 562, Fat 19 gm, Sat. Fat 7 g, Chol 108 mg, Pro 31 gm, Carbs 57 gm, Sodium 145 mg, Pot 671 mg, Phos 345 mg)

Ingredients: Beef Stroganoff with Noodles -ground beef (85% lean), mushrooms, egg noodles (enriched durum semolina, durum flour, egg yolks), onion, burgundy wine, sour cream, garlic, rosemary, Mashed Potatoes -potatoes, whey product (contains milk), Carrots. Contains: wheat, milk, egg

VEG/ DIABETIC/LOW SODIUM: Egyptian Lentils in Tomato Sauce, Rice, Zucchini with Red Pepper (5487)

¾ cup Egyptian Lentils in Tomato Sauce
½ cup Rice
½ cup Zucchini with Red Pepper

(Calories 293, Fat 8 gm, Sat. Fat 2 g, Chol 1 mg, Pro 14 gm, Carbs 43 gm, Sodium 268 mg, Pot 846 mg, Phos 292 mg)

Ingredients: Egyptian Lentils in Tomato Sauce -lentils, garbanzo beans, tomato sauce, onion, olive oil, cider vinegar, lemon juice, thyme, garlic, oregano, Rice -rice, margarine/butter blend (contains milk and soy), garlic, Zucchini with Red Peppers -zucchini squash, diced red peppers, margarine/butter blend, onion, garlic, black pepper, salt. Contains: milk and soy

Thursday

Entrée/ DIABETIC/LOW SODIUM: BBQ Shredded Pork, Seasoned Red Beans, Collard Greens (1613)

¾ cup BBQ Shredded Pork
½ cup Seasoned Red Beans
½ cup Collard Greens

(Calories 484, Fat 13 gm, Sat. Fat 4 g, Chol 84 mg, Pro 44 gm, Carbs 48 gm, Sodium 530 mg, Pot 1185 mg, Phos 488 mg)

Ingredients: BBQ Shredded Pork -Pork, BBQ sauce (ketchup, brown sugar, molasses, cider vinegar, vegetable oil, tomato paste, onion, Louisiana hot sauce, mustard seeds, garlic), Collard Greens -collard greens, onion, sodium free chicken base (contains egg solids), water, margarine/butter blend (contains soy and milk), garlic, salt, Seasoned Red Beans - kidney beans, tomatoes, taco seasoning mix, garlic, black pepper, thyme. Contains: eggs, milk and soy

RENAL/ DIABETIC/LOW SODIUM: Roasted Herb Chicken, Yellow Rice, Buttered Peas & Snow Peas (5584)

(1) 5 oz. Roasted Herb Chicken
½ cup Yellow Rice
½ cup Buttered Peas & Snow Peas

(Calories 412, Fat 15 gm, Sat. Fat 3 g, Chol 68 mg, Pro 32 gm, Carbs 35 gm, Sodium 86 mg, Pot 470 mg, Phos 270 mg)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, thyme, rosemary, sage, basil, black pepper, Yellow rice: converted rice, margarine/butter blend (contains milk and soy), turmeric, Peas and Sugar Snap Peas -peas, sugar snap peas, margarine/butter blend, garlic, black pepper. Contains: milk and soy

GI/ DIABETIC/LOW SODIUM: Roasted Herb Chicken, Yellow Rice, Peas & Snow Peas (5496)

(Calories 375, Fat 10 gm, Sat. Fat 2 g, Chol 63 mg, Pro 31 gm, Carbs 37 gm, Sodium 130 mg, Pot 316 mg, Phos 190 mg)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, oregano, basil, salt, Yellow Rice -rice, margarine/butter blend (contains milk and soy), turmeric, Peas and Sugar Snap Peas. Contains: milk, soy

VEG: Vegetarian Black Bean Chili, Brown Rice, Buttered Peas (5519)

1 cup Vegetarian Black Bean Chili

½ cup brown rice

½ cup buttered peas

(Calories 722, Fat 23 gm, Sat. Fat 5 g, Chol 6 mg, Pro 28 gm, Carbs 108 gm, Sodium 1083 mg, Pot 1664 mg, Phos 468mg)

Ingredients: Black bean Chili -black beans, bell pepper, onion, tomato sauce, garlic, olive oil, chili powder, cilantro, oregano, cumin, cayenne pepper, cheddar cheese, sour cream, Brown Rice, Peas: peas, margarine/butter blend (contains milk and soy), Contains: milk and soy

Friday

Entrée/ DIABETIC/ NAS: Quiche, Tater Barrels, Peas (1607)

5 oz. Quiche

½ cup Tater Barrels

½ cup peas

(Calories 665, Fat 41 gm, Sat. Fat 21 g, Chol 161 mg, Pro 18 gm, Carbs 54 gm, Sodium 764 mg, Pot 321 mg, Phos 275 mg)

Ingredients: Quiche - heavy cream, 2% milk, pie crust (contains soy and wheat), egg, swiss cheese, onion, spinach, mustard, salt, nutmeg, black pepper, Tater Barrels -potatoes, vegetable oil Peas. Contains: wheat, soy, milk, egg

RENAL/DIABETIC/LOW SODIUM: Turkey Patty, Gravy, Buttered Pasta, Zucchini (5564)

(1) 3 oz. Turkey Patty with Gravy

½ cup Buttered Pasta

½ cup Zucchini

(Calories 446, Fat 15 gm, Sat. Fat 3 g, Chol 79 mg, Pro 30 gm, Carbs 47 gm, Sodium 407 mg, Pot 476 mg, Phos 269 mg)

Ingredients: Turkey Patty -ground turkey (90% lean), basil, oregano, garlic powder, chicken gravy (contains wheat, soy and milk products), Buttered Pasta -pasta (enriched durum wheat semolina), margarine/butter blend (contains milk and soy), garlic, parsley, Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper, salt. Contains: soy, milk, wheat

GI/DIABETIC/LOW SODIUM: Turkey Patty, Gravy, Pasta, Zucchini GI (5230)

(1) 3 oz. Turkey Patty with Gravy

½ cup Pasta

½ cup Zucchini

(Calories 297, Fat 10 gm, Sat. Fat 3 g, Chol 78 mg, Pro 27 gm, Carbs 26 gm, Sodium 272 mg, Pot 475 mg, Phos 301 mg)

Ingredients: Turkey Patty -ground turkey (90% lean), chicken gravy (contains wheat, soy and milk products), Pasta -egg pasta (enriched durum semolina, durum flour, egg yolks), Zucchini. Contains: wheat, soy, milk, egg

VEG/ DIABETIC/ LOW SODIUM: Florentine Tart, Tater Barrels, Buttered Zucchini (5603)

(1) 4 oz. Florentine Tart

½ cup tater barrels

½ cup Zucchini

(Calories 341, Fat 20 gm, Sat. Fat 8 g, Chol 70 mg, Pro 12 gm, Carbs 27 gm, Sodium 605 mg, Pot 4892mg, Phos 156 mg)

Ingredients: Florentine Tart -spinach, egg, parmesan cheese, pine nuts, part skim ricotta cheese, garlic, olive oil, ground mace, seasoning salt, Tater Barrels -potatoes, vegetable oil Zucchini -zucchini squash, onion, margarine/butter blend (contains milk and soy), garlic, black pepper, salt. Contains: egg, tree nuts (pine nuts), soy, milk