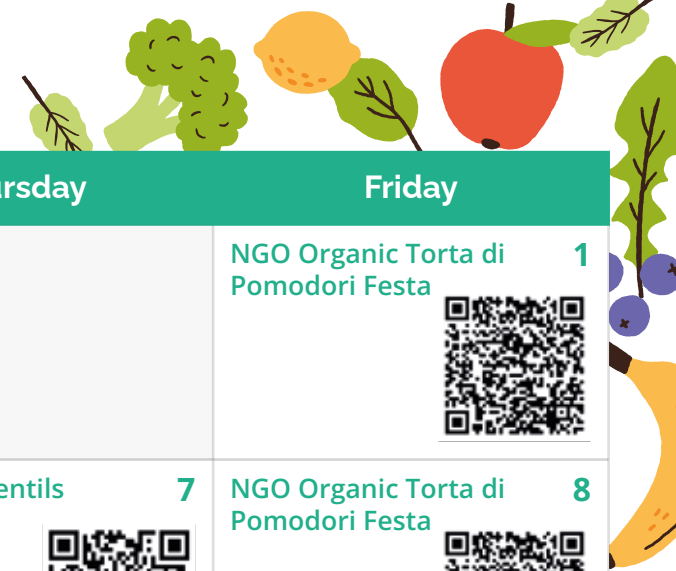

























# MAY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				NGO Organic Torta di Pomodori Festa 1 
Green Split Peas W/Rice 4 	BBQ Chicken W/Rice 5 	Pasta Bolognese 6 	Chicken W/Lentils 7 	NGO Organic Torta di Pomodori Festa 8 
Quick Pasta and Peas 11 	Aromatic Chicken W/Rice 12 	Homemade Beefaroni 13 	Red Beans w/ Chicken 14 	NGO Organic Torta di Pomodori Festa 15 
Pasta Alfredo 18 	Savory Mince W/Rice 19 	Mediterranean Skillet Chicken Pasta 20 	Chicken W/Lentils 21 	NGO Organic Torta di Pomodori Festa 22 
Memorial Day 25 	Pesto Pasta Finger Salad 26 	Happy Meat w/ Rice and Beans 27 	White Beans w/ Chicken 28 	NGO Organic Torta di Pomodori Festa 29 

*NG Organic proudly prepares our food daily with fresh ingredients, therefore the menu is subject to change based on availability. Please note the organic food program runs Monday-Thursday and Torta di Pomodori is posted for informative purposes only. Please review the NGO waiver for further clarification.*



## Aromatic Chicken w/ Rice



### Ingredients

- 10g chopped onions
- 10g chopped pepper
- 56g skinless chicken breast
- 30g steamed baby spinach
- 80g sweet potatoes
- 30g mango
- ½ cup white rice
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
Carbohydrate	47.45g
Fat	15.53g
Protein	10.85g
Calories	369
Vitamin D	0ug
Calcium	72mg
Iron	2.7mg
Potassium	607mg
Vitamin A	725ug
Vitamin C	19.8mg

## B.B.Q. Chicken w/ Rice



### Ingredients

- 10g chopped onions
- 10g chopped pepper
- 56g skinless chicken breast
- 20g BBQ sauce
- ½ cup white rice
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
Carbohydrate	31.17g
Fat	18.60g
Protein	20.76g
Calories	374
Vitamin D	0ug
Calcium	45mg
Iron	2.4mg
Potassium	399mg
Vitamin A	32ug
Vitamin C	31.2mg



## Chicken w/ Lentils



### Ingredients

5g chopped organic chives  
 10g chopped onions  
 10g chopped pepper  
 100g lentils  
 10g chopped carrots  
 56g skinless chicken breast  
 1 tablespoon olive oil  
 1 tablespoon butter  
 1 teaspoon dried garlic  
 ¼ teaspoon salt

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	24.16g
<b>Fat</b>	26.83g
<b>Protein</b>	22.32g
<b>Calories</b>	419
Vitamin D	0ug
Calcium	41mg
Iron	3.88mg
Potassium	599mg
Vitamin A	144ug
Vitamin C	15.4mg

## Green Split Peas w/ Rice



### Ingredients

5g chopped organic chives  
 10g chopped onions  
 10g chopped pepper  
 ½ cup green split peas  
 10g chopped carrots  
 ½ cup white rice  
 1 tablespoon olive oil  
 1 tablespoon butter  
 1 teaspoon dried garlic  
 ¼ teaspoon salt  
 A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	42.63g
<b>Fat</b>	22.05g
<b>Protein</b>	8.34g
<b>Calories</b>	396
Vitamin D	0ug
Calcium	51mg
Iron	2.81mg
Potassium	404mg
Vitamin A	203ug
Vitamin C	27mg



## Happy Meat w/ Rice and Beans



### Ingredients

- 2g chopped organic chives
- 5g chopped onions
- 10g chopped pepper
- 30g ground beef (95% lean and 5% fat)
- 20g petite diced tomatoes
- 3g Italian seasoning Mediterranean blend
- 1 teaspoon dried oregano (optional)
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 bay leaf
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- 30g organic Basmati rice
- 30g organic black beans

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	<b>34.59g</b>
<b>Fat</b>	<b>34.54g</b>
<b>Protein</b>	<b>21.01g</b>
<b>Calories</b>	<b>488</b>
Vitamin D	0ug
Calcium	42mg
Iron	1.76mg
Potassium	390.97mg
Vitamin A	64ug
Vitamin C	14.5mg

## Homemade Beefaroni



### Ingredients

- 1 teaspoon olive oil
- 1 pound lean ground beef
- 1 medium yellow onion, finely chopped
- 1 green bell pepper, diced
- 2 oz mushrooms, sliced (cremini or white button mushrooms)
- 3 tablespoons tomato paste
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 2 cups low-sodium beef broth
- 1 ½ cups shredded Cabot cheddar cheese

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	<b>47.97g</b>
<b>Fat</b>	<b>26.02g</b>
<b>Protein</b>	<b>27.53g</b>
<b>Calories</b>	<b>540</b>
Vitamin D	0ug
Calcium	45mg
Iron	2.86mg
Potassium	563mg
Vitamin A	104ug
Vitamin C	7.7mg



## Mediterranean Skillet Chicken Pasta



### Ingredients

- 1 tablespoon oil
- 1.5 pounds boneless, skinless chicken breast, diced
- 3 cloves garlic, minced
- 1 red pepper, diced
- ½ cup diced onion
- 1 tablespoon paprika
- Salt and pepper, to taste
- 1 cup dry pasta
- 2 cups chicken broth
- ¾ cup canned no-salt-added diced tomatoes, drained
- 2 cups fresh baby spinach
- 1 cup crumbled feta cheese

### Nutritional Info:

Serving Size	Per Plate
Carbohydrate	53.57g
Fat	35.90g
Protein	28.11g
Calories	649
Vitamin D	0ug
Calcium	117mg
Iron	2.71mg
Potassium	482.3mg
Vitamin A	164ug
Vitamin C	41.1mg

## Pasta Alfredo



### Ingredients

- 50g Trader Joe's Limone Alfredo Sauce
- 1 tablespoon extra virgin olive oil
- 20g whole kernel corn
- ½ clove garlic (peeled and smashed)
- ½ teaspoon salt
- 1 cup organic Pasta Quintet
- 1 tablespoon parmesan cheese
- 1 teaspoon garlic powder
- ½ teaspoon black pepper

### Nutritional Info:

Serving Size	Per Plate
Carbohydrate	86.61g
Fat	34.00g
Protein	18.17g
Calories	740
Vitamin D	0ug
Calcium	81mg
Iron	1.42mg
Potassium	325.8mg
Vitamin A	103ug
Vitamin C	0.3mg



## Pasta Bolognese



### Ingredients

- 1 tablespoon grated parmesan cheese
- 5g chopped organic chives
- 10g chopped onions
- 10g chopped pepper
- 10g chopped carrots
- 56g ground beef (95% lean and 5% fat)
- 35g petite diced tomatoes
- 2 oz pasta
- 3g Italian seasoning Mediterranean blend
- 1 teaspoon dried oregano (optional)
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 bay leaf
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	46.17g
<b>Fat</b>	18.95g
<b>Protein</b>	25.45g
<b>Calories</b>	442
Vitamin D	0ug
Calcium	106mg
Iron	4.3mg
Potassium	665mg
Vitamin A	110ug
Vitamin C	7.7mg

## Pesto Pasta Finger Salad



### Ingredients

- 1 tablespoon grated parmesan cheese
- 5g chopped organic chives
- 10g chopped onions
- 10g chopped pepper
- 56g skinless chicken breast
- 20g petite diced tomatoes
- 100g pasta
- 5g Italian seasoning Mediterranean blend
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 bay leaf
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	73.70g
<b>Fat</b>	37.04g
<b>Protein</b>	37.43g
<b>Calories</b>	753
Vitamin D	0ug
Calcium	143mg
Iron	5.76mg
Potassium	748.15mg
Vitamin A	147ug
Vitamin C	4.1mg



## Quick Pasta and Peas



### Ingredients

- 100g pasta
- 2 oz mixed vegetables (carrots, peas, green beans)
- ½ oz sweet corn
- 5g cheddar cheese
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	78.59g
<b>Fat</b>	27.3g
<b>Protein</b>	21.73g
<b>Calories</b>	614
Vitamin D	0ug
Calcium	82mg
Iron	4.39mg
Potassium	646.15mg
Vitamin A	389ug
Vitamin C	7.7mg

## Red Beans w/ Chicken



### Ingredients

- 1 tablespoon grated cheddar cheese
- 5g chopped organic chives
- 10g chopped onions
- 10g chopped pepper
- ½ cup red beans
- 56g skinless chicken breast
- 20g petite diced tomatoes
- 5g Italian-style bread crumbs
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	23.93g
<b>Fat</b>	21.11g
<b>Protein</b>	20.17g
<b>Calories</b>	366
Vitamin D	0ug
Calcium	27mg
Iron	1.01mg
Potassium	283mg
Vitamin A	67ug
Vitamin C	15.2mg



## Savoury Mince w/ Rice



### Ingredients

- 100g mixed vegetables (carrots, peas, green beans)
- 5g chopped organic chives
- 10g chopped onions
- 10g chopped pepper
- 56g ground beef (95% lean and 5% fat)
- 20g petite diced tomatoes
- ½ cup white rice
- 3g Italian seasoning Mediterranean blend
- 1 teaspoon dried oregano (optional)
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 bay leaf
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	26.21g
<b>Fat</b>	16.61g
<b>Protein</b>	16.21g
<b>Calories</b>	321
Vitamin D	0ug
Calcium	48mg
Iron	3.46mg
Potassium	493.14mg
Vitamin A	15ug
Vitamin C	5.7mg

## White Beans w/ Chicken



### Ingredients

- 1 tablespoon grated cheddar cheese
- 5g chopped organic chives
- 10g chopped onions
- 10g chopped pepper
- ½ cup white beans
- 56g skinless chicken breast
- 20g petite diced tomatoes
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 teaspoon dried garlic
- ¼ teaspoon salt
- A pinch of freshly ground pepper

### Nutritional Info:

Serving Size	Per Plate
<b>Carbohydrate</b>	24.27g
<b>Fat</b>	20.19g
<b>Protein</b>	22.42g
<b>Calories</b>	361
Vitamin D	0ug
Calcium	96mg
Iron	1.04mg
Potassium	602mg
Vitamin A	111ug
Vitamin C	15.2mg



## NGO Organic Torta di Pomodori Festa



We're proud to introduce the NG Organic Torta di Pomodoro (Cheese Pizza) — a delicious, high-quality, organic option crafted especially for our little ones!

This mouthwatering creation is the result of a perfect collaboration between **Chef Geraldine's secret recipe** and the expert hands of **Pizza Chef Luigi**. Together, they've brought to life a brand-new cheese pizza that's as wholesome as it is tasty.

Because our children deserve nothing but the best — and now, they can enjoy it one slice at a time!

### Ingredients

**Crust:** Freshly made dough from wheat flour, yeast, Himalayan pink salt, and organic olive oil

**Sauce:** Tomato-based sauce made from crushed organic tomatoes with basil, pepper, and Himalayan pink salt

**Cheese:** Low-moisture, low-fat mozzarella cheese