



FFVP 2-DAY MENU MAY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		DAIKON MATCHSTICKS		DICED PAPAYA
9	10	11	12	13
		CUBED PINEAPPLE		SWISS CHARD
16	17	18	19	20
		YELLOW CHERRY TOMATOES		DICED MANGO
23	24	25	26	27
		BABY CORN		YELLOW PEPPER STRIPS

**FFVP Focus May: Swiss Chard**

Swiss Chard is a green leafy vegetables of European origin. Botanically, it belongs to the beet family of vegetables. It grows annual widely around the Mediterranean region and it available at its peak during summer months from June–November. Swiss Chard is one of the healthiest vegetables on the planet, next to Spinach, because of its many phytonutrients that have health promotional and disease prevention properties. Chard leaves are an excellent source of vitamins–C, K, A and B and a rich source of minerals. Due to its exceptional nutritional content, Swiss Chard aids in controlling heart rate, blood pressure, cholesterol and weight reduction.

