Tri-Valley, Inc. - March 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4 **High Sodium Meal**		5 ☙	
Beef Stew	166	**Buttermilk Chicken**	470	**Baked Potato**	7	**Hot Dog***	540	**Macaroni & Cheese**	496
Rice	100	Herbed Potatoes	7	with Chili & Cheese*	654	Baked Beans	370	Stewed Tomatoes	6
Corn Niblets	1	Peas	7	Broccoli	16	Mixed Vegetables	30	Green Beans	0
Pineapple	0	Peaches	5	Sour Cream	9	Fresh Fruit	0	Cookies	147
Whole Wheat Bread	138	Marble Rye Bread	105	Chocolate Mousse	224	Hot Dog Bun	195	Italian Bread	96
				Pumpernickel Bread	135	Mustard	50		
Cal:859 Na+:531mg		Cal:711 Na+:718mg		Cal:789 Na+:1170		Cal:791 Na+:1310mg		Cal:802 Na+:870mg	
8		9		10		11		12	
Chicken Mornay*	606	**Meatloaf**	202	**Shepherd's Pie**	267	**Roast Turkey***	683	**Fish w/Parm Cream Sauce**	262
Couscous	84	Gravy	82	Carrots	53	Gravy	150	Wild Rice	279
Roman Blend Vegetables	9	Garlic Mashed Potatoes	107	Green Beans	0	Mashed Sweet Potatoes	91	Broccoli & Red Peppers	15
Butterscotch Pudding	296	Carrots	53	Peaches	5	Peas	7	Tapioca Pudding	210
Diet= SF Vanilla Pudding	125	Mixed Fruit	20	Biscuit	340	Fresh Fruit	0	Diet Tapioca Pudding	135
Marble Rye Bread	105	Whole Wheat Bread	138			Italian Bread	96	Pumpernickel Bread	135
Cal: 741 Na+:1175mg Diet Cal:703 Na+:1054mg		Cal:738 Na+:727mg		Cal:749 Na+:791mg		Cal:708 Na+:1153mg		Cal:823 Na+:1027mg Diet Cal:773 Na+:952mg	
15		16		17 **High Sodium Meal**		18		19	
Swedish Meatballs	267	**Pork Rib-i-que**	280	**Corned Beef***	931	**Chicken Cacciatore**	443	**Fish with Crumb Topping**	190
Mashed Potatoes	107	Mac N Cheese	248	Boiled Potatoes	6	Gemelli Pasta	8	Lemon Seasoned Rice	149
Scandinavian Vegetables	30	Roasted California Veg	32	Cabbage & Carrots	55	Peas	7	Mixed Vegetables	30
Cookies	110	Cold Cinnamon Pears	5	Vanilla Mousse	150	Fresh Orange	0	Fruited Ambrosia	10
Whole Wheat Bread	138	Sandwich Roll	290	Corn Muffin	149	Whole Wheat Bread	138	Marble Rye Bread	105
Cal:735 Na+:777mg		Cal:743 Na+:980mg		Cal:711 Na+:1416mg		Cal:722 Na+:722mg		Cal:706 Na+:609mg	
22		23		24		25		26	
Chicken Pot Pie	199	**Sloppy Joe***	660	**Garlic Herbed Chicken**	359	**Spaghetti w/Tomato Sauce**	82	**Potato Crunch Fish**	280
Mashed Potatoes	107	Potato Wedges	25	Herbed Stuffing	324	Meatballs	270	Herbed Potatoes	7
Corn Niblets	1	Mixed Vegetables	30	Roasted Carrots & Broccoli	33	Green Beans	0	Peas & Onions	7
Peaches	5	Fresh Fruit	0	Lemon Pudding	180	Oreo Mousse	230	Baked Cinnamon Pears	5
Biscuit	340	Sandwich Roll	290	Diet = SF Vanilla Pudding	125	Italian Bread	96	Pumpernickel Bread	135
				Whole Wheat Bread	138			Tartar Sauce	85
Cal:755 Na+:777mg		Cal:722 Na+:1130mg		Cal:728 Na+:1159mg Diet Cal:678 Na+:1104mg		Cal:821 Na+:803mg		Cal:767 Na+:643mg	
29		30		31					
Stuffed Pepper Casserole	189	**Ranch Chicken***	531	**Braised Beef**	197				
Mashed Potatoes	107	Wild Rice	279	Gemelli Pasta	8				
Carrots	53	Spinach	87	Broccoli	16				
Cookies	100	Pears	10	Mixed Fruit	20				
Marble Rye Bread	105	Muffin	149	Italian Bread	96				
Cal:736 Na+:680mg		Cal:813 Na+:1181mg		Cal:842 Na+:461mg					

Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.

Na+ = sodium ***Indicates higher sodium entrees >500mg**

mg = milligrams **Breakdown includes 125mg Na+ for milk**

High Sodium Meal = > 1200mg **☙ = meatless meal**

Dudley 508-949-6640, Franklin 509-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411