June 2020 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Na+	2	Na+	3 HIGH SODIUM MEAL	Na+	4 ꕥ	Na+	5	Na+
Chicken Mornay*	640	**Meatloaf**	301	**Roast Turkey***	683	**Macaroni & Cheese**	498	**Chicken Cranberry Salad**	229
Couscous	70	**with Gravy**	72	**with Gravy**	150	Stewed Tomatoes	6	Pasta Salad	172
Roman Blend Vegetables	12	Garlic Mashed Potatoes	126	Cranberry Herb Stuffing	331	Green Beans	0	Tomato & Cucumber Salad	71
Butterscotch Pudding	246	Scandinavian Vegetables	30	Roasted Brussel Sprouts	20	Fresh Fruit	1	Melon	0
Diet = SF Vanilla Pudding	125	Yogurt	50	Cinnamon Pears	12	Italian Bread	96	Sandwich Roll	290
Marble Rye Bread	105	Whole Wheat Bread	138	French Bread	120				
Cal: 744 Na+: 1197mg		Cal:764 Na+:843mg		Cal:696 Na+:1441mg		Cal:769 Na+:726mg		Cal:801 Na+:886mg	
Diet Cal: 706 Na+:1076mg									
8	Na+	9	Na+	10	Na+	11	Na+	12	Na+
Pork Rib-i-que	280	**Swedish Meatballs**	260	**Sloppy Joes***	660	**Chicken Cacciatore**	443	**Fish with Crumb Topping**	364
with BBQ Sauce	195	Mashed Potatoes	176	Steak Cut Potato Wedges	25	Gemelli Pasta	8	Wild Rice	358
Mac 'n Cheese	249	Tuscany Style Vegetables	31	Mixed Vegetables	30	Roasted Broccoli	21	Country Blend Vegetables	22
Green Beans	0	Lemon Pudding	180	Peaches	10	Dessert	149	Fruited Ambrosia	33
Orange	0	Diet = Diet Tapioca	135	Sandwich Roll	290	Italian Bread	75	Whole Wheat Bread	138
Sandwich Roll	290	Marble Rye Bread	105				96		
Cal:721 Na+:1139mg		Cal:775 Na+:877mg		Cal:721 Na+:1140mg		Cal:732 Na+:842mg		Cal:692 Na+:1039mg	
		Diet Cal:725 Na+:832mg				Diet Cal:660 Na+:768mg			
15	Na+	16	Na+	17	Na+	18 Father's Day Meal	Na+	19	Na+
Broccoli & Cheese	410	**Spaghetti**	82	**Potato Crunch Fish**	280	**Baked Ham**	440	**Garlic Herbed Chicken**	346
Stuffed Chicken	176	**with Meatballs**	210	Herbed Potatoes	46	**with Maple Glaze**	30	Bread Stuffing	307
Mashed Potatoes	29	Green Beans	0	Carrots	53	Mashed Sweet Potatoes	76	Roasted Brussels Sprouts	20
Roasted California Blend	14	Peach Crisp	35	Dessert	271	Peas & Onions	34	Vanilla Mousse	150
Baked Apples	142	Diet = Peaches	10	Tartar Sauce	135	Dessert	342	Whole Wheat Bread	138
Peasant White Bread		Italian Bread	96	Pumpernickel Bread	85	Marble Rye Bread	2		
					135		105		
Cal:769 Na+:897mg		Cal:742 Na+:547mg		Cal:881 Na+:995mg		Cal:767 Na+:1152mg		Cal:725 Na+:1086mg	
		Diet Cal:691 Na+:522mg		Diet Cal:760 Na+:860mg		Diet Cal:657 Na+:812mg			
22	Na+	23 HIGH SODIUM MEAL	Na+	24	Na+	25	Na+	26	Na+
Beef with	420	**Hot Dog***	540	**Stuffed Pepper Casserole**	176	**Ranch Chicken***	531	**Braised Beef**	383
Peppers & Onions	3	Baked Beans	370	Mashed Potatoes	176	Vegetable Rice Pilaf	64	Gemelli Pasta	8
Steak Cut Potato Wedges	25	Coleslaw	219	Green Beans	0	Stewed Tomatoes	6	Broccoli	22
Glazed Carrots	70	Fresh Fruit	0	Lorna Doone Cookies	100	Dessert	221	Pears	10
Melon	0	Hot Dog Bun	195	Marble Rye Bread	105	Pumpernickel Bread	110	Italian Bread	96
Sandwich Roll	290	Mustard	50				135		
Cal:729 Na+:933mg		Cal:857 Na+:1499mg		Cal:757 Na+:682mg		Cal:744 Na+:1081mg		Cal:749 Na+:643mg	
						Diet Cal:653 Na+:971mg			
29	Na+	30	Na+						
Chicken Pesto	476	**Beef Fajitas**	466						
Red Bliss Potatoes	5	Spanish Rice	51						
Scandinavian Vegetables	30	Black Beans & Corn	293						
Oreos	190	Pineapple	10						
Corn Muffin	149	Pita Bread	68						
Cal:816 Na+:975mg		Cal:761 Na+:1013mg							

Menus are Subject to Change

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 diet requirements.

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

mg = milligrams **High Sodium Meal = >1200mg**

Breakdown includes 125mg Na+ for milk **ꕥ Indicates meatless meal**

Tri-Valley, Inc. - June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Chicken Mornay** Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread	2 **Meatloaf & Gravy** Garlic Mashed Potatoes Scandinavian Vegetables Yogurt Whole Wheat Bread	3 **Roast Turkey & Gravy** Cranberry Herb Stuffing Roasted Brussels Sprouts Cinnamon Pears French Bread	4 **Macaroni & Cheese** Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	5 **Chicken Cranberry Salad** Pasta Salad Tomato & Cucumber Salad Melon Sandwich Roll
8 **Pork Rib-i-que** Macaroni & Cheese Green Beans Fresh Orange Sandwich Roll	9 **Swedish Meatballs** Mashed Potatoes Tuscany Style Vegetables Lemon Pudding Diet = SF Tapioca Marble Rye Bread	10 **Sloppy Joe** Steak Cut Potato Wedges Mixed Vegetables Peaches Sandwich Roll	11 **Chicken Cacciatore** Gemelli Pasta Roasted Broccoli Dessert Italian Bread	12 **Fish with Crumb Topping** Wild Rice Country Blend Vegetables Fruited Ambrosia Whole Wheat Bread
15 **Broc. & Cheese Stuffed Chicken** Mashed Potatoes Roasted California Blend Baked Apples Peasant White Bread	16 **Spaghetti & Meatballs** Green Beans Peach Crisp Diet = Peaches Italian Bread	17 **Potato Crunch Fish** Herbed Potatoes Carrots Dessert Pumpernickel Bread	18 **Father's Day Meal** **Baked Ham** Mashed Sweet Potatoes Peas and Onions Dessert Marble Rye Bread	19 **Garlic Herbed Chicken** Bread Stuffing Roasted Brussels Sprouts Vanilla Mousse Whole Wheat Bread
22 **Beef with** **Peppers & Onions** Steak Cut Potato Wedges Glazed Carrots Melon Sandwich Roll	23 **Hot Dog** Baked Beans Coleslaw Fresh Fruit Hot Dog Bun	24 **Stuffed Pepper Casserole** Mashed Potatoes Green Beans Lorna Doone Cookies Marble Rye Bread	25 **Ranch Chicken** Vegetable Rice Pilaf Stewed Tomatoes Dessert Pumpernickel Bread	26 **Braised Beef** Gemelli Pasta Broccoli Pears Italian Bread
29 **Chicken Pesto** Red Bliss Potatoes Scandinavian Vegetables Oreos Corn Muffin	30 **Beef Fajitas** Spanish Rice Black Beans & Corn Pineapple Pita Bread	Dudley 508-949-6640, Franklin 508-520-1422, 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 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.		