











Monday		Tuesday		Wednesday		Thursday		Friday	
1 Sodium (mg): Na <sup>+</sup>		2 Sodium (mg): Na <sup>+</sup>		3 Sodium (mg): Na <sup>+</sup>		4 Sodium (mg): Na <sup>+</sup>		5 Sodium (mg): Na <sup>+</sup>	
White Bean Chili	121	Meatballs & Penne Pasta	266	Chicken Cordon Blue	*550	Roast Turkey w/ Grav	373	Teriyaki Salmon	225
Brown Rice	36	Tuscany Veg. Blend	56	Whipped Sweet Potato	33	Mashed Potato	52	Asian Rice	78
Corn Bread>	280	Dinner Roll	210	Broccoli	9	Squash Blend	11	Peas	82
Mandarin Oranges	7	Banana	1	Oatmeal Bread>	121	Wheat Roll>	160	Multigrain Bread>	190
				Mixed Fruit	10	Oatmeal Raisin Cookie#		Pears	5
						Diet: Graham Cookie	124		
Total Sodium:	443	Total Sodium:	532	Total Sodium:	722	Total Sodium:	721	Total Sodium:	580
Calories: 395	Carbs: 63	Calories: 483	Carbs: 67	Calories: 506	Carbs: 65	Calories: 593	Carbs: 96	Calories: 471	Carbs: 68
8		9		10		11		12	
Hot Dog	*550	Mexican Chicken Filet	173	Mac n' Cheese	404	Bourbon Steak Tips	430	Baked Cod w/	220
Mustard Packet	55	Rice and Beans	35	Zucchini and Tomato	39	Garlic Mash. Potatoe:	53	Lemon Vinaigrette	10
Potato Wedges	27	Chopped Broccoli	12	Wheat Roll>	160	Green Beans	2	Rice Pilaf	134
Mixed Veggies	41	Corn Tortilla>	236	Mandarin Oranges	7	WW Bread>	160	Broccoli & Cauliflower Blenc	15
Hot Dog Roll	210	Mixed Fruit	10			Strawberry Shortcake#	176	Dinner Roll	210
Fresh Orange						Low Sugar Cake		Fresh Apple	2
Total Sodium:	882	Total Sodium:	466	Total Sodium:	610	Total Sodium:		Total Sodium:	590
Calories: 656	Carbs: 75	Calories: 481	Carbs: 65	Calories: 553	Carbs: 72	Calories:	Carbs:	Calories: 456	Carbs: 75
15		16		17		18		19	
Chicken Stew	273	Shepherd's Pie	271	Barbecue Chicken	497	Pork Tetrazzini w/ Noodle	223	Filet O' Fish Sandwic	270
Egg Noodles	35	Glazed Carrots	83	Rice Medley	43	California Veg. Blend	27	Tartar Sauce	261
Oatmeal Roll>	121	Multigrain Roll>	190	Mixed Veggie	41	Wheat Bread>	115	Potato Wedges	27
Mandarin Oranges	7	Chocolate Chip Cookie#	171	Wheat Roll>	160	Peaches	5	Hot German Slaw	81
		Diet: Graham Cookie		Banana	1			Hamburger Bun	230
								Pears	5
Total Sodium:	436	Total Sodium:	715	Total Sodium:	741	Total Sodium:	370	Total Sodium:	873
Calories: 510	Carbs: 60	Calories: 872	Carbs: 120	Calories: 457	Carbs: 65	Calories: 533	Carbs: 63	Calories: 680	Carbs: 78
22		23		24		25		26	
Broccoli & Cheese Omele	388	Chicken Bites	456	Meatloaf w/	240	Roast Pork	66	Stuffed Chicken	410
Hash Brown Potatoes:	118	Ketchup Packet	82	Rosemary Gravy	124	with Mint Gravy	8	Rice Pilaf	134
Stewed Tomatoes	143	Confetti Rice	43	Mashed Potatoes	52	Delmonico Potato	142	Carrot Coins	62
Fruit Muffin>	160	Hot Beets	162	Green Beans	3	Spring Blend	57	Snowflake Roll	260
Mixed Fruit	10	Honey Wheat Bread>	135	Oatmeal Bread>	121	Multigrain Bread>	190	Pears	5
		Fresh Orange		Applesauce	15	Chocolate Pudding#	191		
						Diet: SF Pudding			
Total Sodium:	837	Total Sodium:		Total Sodium:	556	Total Sodium:	654	Total Sodium:	871
Calories: 608	Carbs: 77	Calories:	Carbs:	Calories: 490	Carbs: 73	Calories: 609	Carbs: 73	Calories: 558	Carbs: 75
29		30		31					
<b>No Meals Served</b>		Cheeseburger	230	Honey Lime Chicken Filet	393	All Meals include:		All Meals include:	
		Ketchup	82	Whipped Potato	52	<u>Milk:</u>		<u>Milk:</u>	
<b>Memorial DAY</b>		Baked Beans	36	Tarragon Carrots	77	110 Calories		110 Calories	
		Country Veg. Blend	32	Wheat Bread>	160	125mg Sodium		125mg Sodium	
		Hamburger Bun	200	Birthday Cake#	209	13g Carbs		13g Carbs	
		Pineapple Chunks	1	Low-Sugar Cake		<u>Margarine:</u>		<u>Margarine:</u>	
						36 Calories		36 Calories	
						47mg Sodium		47mg Sodium	
		Total Sodium:	582	Total Sodium:	891				
		Calories: 584	Carbs: 81	Calories: 635	Carbs: 102				

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium  
# Indicates a food is high in sugar, > Indicates a food is high in fiber

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