











Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sodium (mg): Na⁺ 3</p> <p>Apple Cider Beef Stew with Vegetables 314</p> <p>Whipped Potato 146</p> <p>Oatmeal Bread> 73</p> <p>Pears  62</p> <p>Total Sodium: 594 Calories: 419 Carbs: 73</p>	<p>Sodium (mg): Na⁺ 4</p> <p>Chicken Piccata 424</p> <p>Spaghetti 1</p> <p>Broccoli 12</p> <p>Dinner Roll 210</p> <p>Banana 1</p> <p>Total Sodium: 648 Calories: 448 Carbs: 62</p>	<p>Sodium (mg): Na⁺ 5</p> <p>LS Hot Dog* 550</p> <p>Mustard Packet 55</p> <p>Baked Beans 36</p> <p>Green Beans 3</p> <p>HD Roll 210</p> <p>Mandarin Oranges 7</p> <p>Total Sodium: 861 Calories: 595 Carbs: 69</p>	<p>Sodium (mg): Na⁺ 5</p> <p>Pork Lo Mein 254</p> <p>Oriental Blend Veg. 26</p> <p>WW Bread> 160</p> <p>Oatmeal Cookie# 124</p> <p>Graham Cracker 210</p> <p>Total Sodium: 564 Calories: 626 Carbs: 87</p>	<p>Sodium (mg): Na⁺ 6 soft/renal</p> <p>Chili Garlic Salmon 171</p> <p>Yellow Rice 4</p> <p>Glazed Carrots 83</p> <p>Multigrain Roll> 190</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 458 Calories: 445 Carbs: 72</p>
<p>9</p> <p>No Meals Served</p> <p></p>	<p>10 soft</p> <p>Sweet N Sour Meatball 214</p> <p>Egg Noodles 35</p> <p>Peas & Mushrooms 133</p> <p>Muligrain Bread> 190</p> <p>Peaches 5</p> <p>Total Sodium: 578 Calories: 572 Carbs: 78</p>	<p>11 soft</p> <p>Cheese Lasagna with Tomato Sauce 245</p> <p>Italian Blend Veg. 26</p> <p>Scali Bread 310</p> <p>Fresh Pear 0</p> <p>Total Sodium: 681 Calories: 442 Carbs: 74</p>	<p>12 soft</p> <p>Meatloaf with Gravy 241</p> <p>Brussel Sprouts 12</p> <p>Baked Potato 7</p> <p>Oatmeal Roll> 121</p> <p>Chocolate Pudding# 191</p> <p>LS Pudding 0</p> <p>Total Sodium: 571 Calories: 600 Carbs: 80</p>	<p>13 soft/renal</p> <p>Cod with Lemon Dill Sauce 331</p> <p>Rice Pilaf 134</p> <p>Fall Blend Veg. 15</p> <p>Dinner Roll  210</p> <p>Applesauce 15</p> <p>Total Sodium: 705 Calories: 380 Carbs: 53</p>
<p>16</p> <p>BBQ Pork Rib 280</p> <p>Potato Wedges 27</p> <p>Chuckwagon Corn 2</p> <p>Cornbread 280</p> <p>Pineapple  1</p> <p>Total Sodium: 590 Calories: 591 Carbs: 92</p>	<p>17</p> <p>Chicken Fajita Skillet 275</p> <p>Rice and Beans 35</p> <p>Multigrain Bread> 190</p> <p>Fresh Tangarine 0</p> <p>Total Sodium: 501 Calories: 419 Carbs: 57</p>	<p>18 soft</p> <p>Mac and Cheese 404</p> <p>Broccoli 12</p> <p>WW Roll> 160</p> <p>Lorne Doones  55</p> <p>Total Sodium: 632 Calories: 595 Carbs: 76</p>	<p>19</p> <p>Roast Turkey with Gravy 373</p> <p>Whipped Sweet Potato 33</p> <p>Green Peas & Red Pepper 72</p> <p>Oatmeal Roll> 121</p> <p>Pears 5</p> <p>Total Sodium: 603 Calories: 426 Carbs: 68</p>	<p>20</p> <p>Filet O Fish Sandwich 436</p> <p>Tartar Sauce 261</p> <p>Hashbrowns 136</p> <p>Hot Slaw 81</p> <p>Hamburger Roll 230</p> <p>Peaches 5</p> <p>Total Sodium: 964 Calories: 584 Carbs: 80</p>
<p>23 soft</p> <p>Stuffed Shells with Pesto Cream Sauce 190</p> <p>Zucchini & Tomato 39</p> <p>Snowflake Roll 260</p> <p>Mixed Fruit  10</p> <p>Total Sodium: 764 Calories: 481 Carbs: 78</p>	<p>24</p> <p>White Chicken Chili with Vegetables 121</p> <p>White Rice 36</p> <p>Multigrain Bread> 190</p> <p>Fresh Orange 0</p> <p>Total Sodium: 347 Calories: 358 Carbs: 59</p>	<p>25</p> <p>Chicken Cordon Blue* 550</p> <p>Red Bliss Potato 4</p> <p>California Blend Veg. 27</p> <p>Dinner Roll 210</p> <p>Applesauce 15</p> <p>Total Sodium: 806 Calories: 493 Carbs: 61</p>	<p>26</p> <p>Pork Loin with Cranberry Apple Gravy 71</p> <p>Roasted Potatoes 111</p> <p>Winter Squash Blend 33</p> <p>Oatmeal Roll> 15</p> <p>Birthday Cake# 121</p> <p>LS Cake 209</p> <p>Total Sodium: 558 Calories: 612 Carbs: 76</p>	<p>27</p> <p>Beef & Pepper Casserole 293</p> <p>Mixed Veg. Blend 41</p> <p>WW Roll> 160</p> <p>Tropical Fruit 10</p> <p>Total Sodium: 504 Calories: 450 Carbs: 65</p>
<p>30</p> <p>Turkey Pot Pie 221</p> <p>Cheesy Mashed Potato 80</p> <p>Buscuit 340</p> <p>Fresh Apple  2</p> <p>Total Sodium: 642 Calories: 600 Carbs: 82</p>	<p>31</p> <p>"Brain Noodles & Eyeballs" (Spaghetti and Meatballs) 334</p> <p>Spooky Broccoli 12</p> <p>Oatmeal Bread> 121</p> <p>Pumpkin Pie# 190</p> <p>Graham Crackers 190</p> <p>Total Sodium: 657 Calories: 718 Carbs: 81</p>			<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 7mg Sodium</p>

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

Your voluntary \$3 donation today, provides more meals tomorrow.