



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	 Menu subject to change Thank you for undersanding!	No Meals Served 	2 S Sodium (mg): Na⁺ Mac and Cheese* 588 Escalloped Tomatoes 143 Fruitloaf> 160 Mixed Fruit  10 Total Sodium: 901 Calories: 633 Carbs: 93
5 Vegetarian Chili 214 Ditalini Pasta 1 Cornbread 280 Mandarin Oranges 6	6 SweetnSour Meatballs 215 Confetti Rice 38 Mixed Veg 41 WW Roll> 160 Banana  1	7 S Chicken Marsala 449 Penne Pasta 1 Green Beans 3 Scali Bread 310 Chocolate Pudding 191	8 Roast Turkey w/* 512 Rosemary Gravy 117 Mashed Potato 49 Winter Squash Blend 43 Oatmeal Roll> 121 Applesauce 15	9 Filet o Fish Sandwich 337 American Cheese 381 Potato Wedges 27 Hot German Slaw 81 WW Hamburger Bun > 230 Pears 5
Total Sodium: 501 Calories: 553 Carbs: 101	Total Sodium: 454 Calories: 478 Carbs: 68	Total Sodium: 954 Calories: 588 Carbs: 86	Total Sodium: 855 Calories: 514 Carbs: 71	Total Sodium: 1061 Calories: 731 Carbs: 87
12 Grilled Chicken Parm. 410 Spaghetti 1 Broccoli 12 Italian Bread 310 Peaches  5	13 Hot Dog* 540 Mustard 55 Baked Beans 37 Carrots 77 Hot Dog Bun 210 Apple 2	14 R Chicken Stir Fry 246 Jasmine Rice 31 Oriental Blend 26 Multigrain Bread> 190 Brownie# 160 Mod: Lorne Doone	15 S Meatloaf w/ 230 Brown Gravy 105 Cheesey Mashed Potatc 77 Peas 82 WW Roll> 160 Pineapple	16 S Broccoli and Cheese 395 Omelet Hasbrowns 132 Stewed Tomato 2 Fruitloaf> 160 Orange Juice 5
Total Sodium: 738 Calories: 498 Carbs: 77	Total Sodium: 921 Calories: 630 Carbs: 80	Total Sodium: 654 Calories: 648 Carbs: 89	Total Sodium: 655 Calories: 524 Carbs: 88	Total Sodium: 694 Calories: 539 Carbs: 67
19 	20 S Cheese Lasagna 330 w/ Tomato Florentine 50 Italian Blend Veg 26 WW Roll> 160 Mixed Fruit Salad 10	21 S Crustless Chicken 307 Pot Pie Parsley Mashed Potato 50 Biscuit 310 Oatmeal Cookie# 124 Mod: Graham Wafer	22 Roast Pork w/ 66 Gravy 113 Au Gratin Potato 172 Winter Blend Veg 43 Snowflake Roll 260 Apple Slices 10	23 S/R Glazed Salmon 67 Rice Pilaf 130 Scandinavian Blend Veg. 42 Honey Wheat Bread> 135 Tropical Mixed Fruit 10
No Meals Served	Total Sodium: 576 Calories: 439 Carbs: 73	Total Sodium: 791 Calories: 586 Carbs: 81	Total Sodium: 665 Calories: 592 Carbs: 72	Total Sodium: 383 Calories: 417 Carbs: 58
26 S Pasta Primavera 340 Peas and Mushrooms 80 Oatmeal Roll> 121 Pears  5	27 Chicken & Rice Paella 326 Tuscan Blend Veg 56 Multigrain Bread> 190 Peaches 5	28 S Ziti with Meatsauce 124 Capri Blend Veg 26 White Bread 120 Birthday Cake  240	29 Chicken Teriyaki 379 Asian Rice 73 Broccoli 12 WW Roll> 160 Mandarin Oranges 7	30 S/R COTD 180 w/ Lemon Dill 106 Red Bliss Potato 15 Carrots & Green Beans 38 Dinner Roll 210 Applesauce 15
Total Sodium: 598 Calories: 360 Carbs: 63	Total Sodium: 576 Calories: 696 Carbs: 125	Total Sodium: 510 Calories: 538 Carbs: 74	Total Sodium: 731 Calories: 383 Carbs: 54	Total Sodium: 564 Calories: 333 Carbs: 55

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