



Monday	Tuesday	Wednesday	Thursday	Friday
2 Sodium (mg): Na ⁺	3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺	6 Sodium (mg): Na ⁺
Chicken Teriyaki 479	Sloppy Joes 222	Chicken Stew 307	Beef Stroganoff 281	Tuna Salad 408
Brown Rice 31	Tater Tots 27	Green Peas 82	w/ Pasta 1	Shredded Lettuce 0
Green Beans 3	Scandinavian Veg Blend 42	Cornbread Muffin 280	Broccoli 12	Potato Salad 72
Wheat Bread> 115	WW Hamburger Bun> 130	Blueberry Crisp 24	Oatmeal Bread> 121	Broc, Tom, Cuc Salad 4
Pears 9 	Mixed Fruit 10		Fresh Banana 1	Hamburger Bun 130
				Lorne Doones 85
Total Sodium: 628	Total Sodium: 530	Total Sodium: 693	Total Sodium: 416	Total Sodium: 799
Calories: 379 Carbs: 55	Calories: 533 Carbs: 71	Calories: 544 Carbs: 77	Calories: 661 Carbs: 75	Calories: 552 Carbs: 57
9	10	11	12	13
Chicken Fajita 154	Penne Pasta w/ 1	No Meals Served	Meatloaf w/ Brown 230	Chicken Salad 286
Rice and Beans 82	Meatsauce 123		Gravy 105	Macaroni Salad 56
Chuckwagon Corn 86	Italian Veg Blend 26		Mashed Potatoes 59	Three Bean Salad 50
Flour Tortilla 98	Multigrain Bread> 115		Green Peas 80	Wheat Bread> 115
Mandarin Oranges 0	Hot Cinnamon Peaches 5		WW Roll> 160	Pears 9 
		Happy Veteran's Day!		
Total Sodium: 550	Total Sodium: 270		Total Sodium: 688	Total Sodium: 515
Calories: 466 Carbs: 69	Calories: 428 Carbs: 62		Calories: 470 Carbs: 70	Calories: 492 Carbs: 62
16	17	18	19	20
Swiss Cheese Omelet 312	Ham and Cheese 768	Mac and Cheese* 588	Roast Turkey 303	Catch of the Day 180
Peppers & Onions 41	Sandwich w/ Mayo* 56	Stewed Tomatoes 143	w/ Gravy 65	Citrus Salsa 115
Homefries 132	Macaroni Salad 50	Dinner Roll 210	Mashed Potatoes 49	Rice Pilaf 130
Fruitloaf> 160	Kidney Bean Salad 115	Apple Crisp 24 	Winter Squash Blend 15	Sliced Carrots 62
Orange Juice 5	Wheat Bread> 0		Dinner Roll 210	Oatmeal Bread> 121
	Mandarin Oranges 0		Applesauce 15	Fresh Banana 0
Total Sodium: 649	Total Sodium: 989	Total Sodium: 965	Total Sodium: 657	Total Sodium: 607
Calories: 588 Carbs: 74	Calories: 434 Carbs: 68	Calories: 572 Carbs: 86	Calories: 416 Carbs: 65	Calories: 339 Carbs: 57
23	24	25	26	27
Hot Dog * 540	Roast Beef and Swiss 640	Chicken Breast w/ 395	No Meals Served	No Meals Served
w/ Mustard 55	Sandwich* 56	Aloha Sauce 31		
Baked Beans 37	Greek Orzo Salad 17	Pineapple Rice 26		
Corn 1	Carrot Sticks 162	Oriental Veg Blend 115		
Hot Dog Bun 210	WW Sub Roll> 2	Wheat Roll> 0		
Apple Slices 0	Fresh Apple 0	Mandarin Oranges 0		
Total Sodium: 884	Total Sodium: 877	Total Sodium: 567		
Calories: 664 Carbs: 87	Calories: 612 Carbs: 91	Calories: 409 Carbs: 54		
30				
Herbed Chicken 392		Menu Subject to Change		All Meals include:
Orzo 166		Thank you for Understanding !		<u>Milk:</u>
Zucchini/Red Pepper 39				110 Calories
Wheat Bread 115				125mg Sodium
Apple Slices 0				13g Carbs
				<u>Margarine:</u>
				36 Calories
				47mg Sodium
Total Sodium: 712				
Calories: 431 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

Indicates a food is high in sugar, > Indicates a food is high in fiber

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