

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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 dietary requirements. mg = milligrams *Indicates higher sodium entrees >500mg Milk provides 125mg of sodium daily High Sodium Meal = >1200mg						MENU SUBJECT TO CHANGE <i>Your \$3.00 Donation is Appreciated!</i>		1 Beef Enchilada* 658 Steamed Rice 101 Winter Blend Veg. 18 Cookies 147 Pita Bread 68 ----- Calories: 889 Total Sodium: 1116mg	
4	Sodium	5	Sodium	6	Sodium	7	Sodium	8	Sodium
Lasagna & Meatballs	459	Chicken Fajitas*	527	Beef with	421	Roast Pork w/Gravy	478	Ham Salad*	757
Roasted Broccoli	381	Spanish Rice	66	Onions & Peppers	2	Herbed Stuffing	306	Tomato & Onion Salad	71
Rice Krispy Treat	105	Black Beans & Corn	292	Seasoned Potatoes	7	Roasted Brussels Sprouts	9	Pasta Salad	172
Italian Bread	96	Sour Cream	9	Capri Blend Vegetables	17	Apple Crisp	63	Fresh Fruit	0
		Pita Bread	68	Vanilla Mousse	155	Diet = Baked Apples	14	Pita Bread	68
		Pineapple	1	Sandwich Roll	248	Marble Rye Bread	105		
Calories: 718		Calories: 867		Calories: 811		Calories: 777 (Diet:673)		Calories: 616	
Total Sodium: 1182mg		Total Sodium: 1087mg		Total Sodium: 974mg		Total Sodium:1085mg (Diet:1036mg)		Total Sodium: 1192 mg	
11	Sodium	12	Sodium	13	Sodium	14	Sodium	15	Sodium
Beef Stew	166	Buttermilk Chicken	362	Baked Potato	7	Fish w/Crumb Topping	224	Shepherd's Pie	255
Rice	101	Cranberry Stuffing	300	w/ Chili & Cheese	474/180	Rice Pilaf	70	Carrots	53
Corn Niblets	1	Roasted California Veg	32	Broccoli	16	Tuscany Blend Vegetables	31	Peas	7
Mandarin Oranges	0	Peaches	5	Sour Cream	9	Fruited Ambrosia	55	Butterscotch Pudding	246
Italian Bread	96	Marble Rye Bread	105	Chocolate Mousse	230	Whole Wheat Bread	138	Diet= SF Tapioca Pudding	135
				Pumpnickel Bread	135	Tartar Sauce	85	Italian Bread	96
Calories: 859		Calories: 698		Calories: 718		Calories: 755		Calories: 837 (Diet:799)	
Total Sodium: 489mg		Total Sodium: 930mg		Total Sodium: 907mg		Total Sodium: 728mg		Total Sodium:821mg (Diet:710mg)	
18	Sodium	19	Sodium	20	Sodium	21	Sodium	22	Sodium
Chicken Tikka Masala	323	Meatloaf with Gravy	285	High Sodium Meal		High Sodium Meal		Teriyaki Beef	438
Lemon Seasoned Rice	149	Garlic Mashed Potatoes	108	Roast Turkey & Gravy*	940	Hot Dog*	540	Steamed Rice	101
Roman Blend Vegetables	9	Carrots	53	Mashed Sweet Potatoes	91	Baked Beans	370	Broccoli w/Red Peppers	16
Tropical Fruit	10	Rice Krispy Treat	105	Roasted Brussels Sprouts	9	Coleslaw	152	Blondie	272
Marble Rye Bread	105	Whole Wheat Bread	138	Pear Crisp	54	Baked Apples	14	Diet=Half Piece	136
				Diet = Pears	10	Mustard	50	Pumpnickel Bread	135
				Italian Bread	96	Hot Dog Bun	195		
Calories: 608		Calories: 750		Calories: 855 (Diet:738)		Calories: 834		Calories: 944 (Diet:822)	
Total Sodium: 722mg		Total Sodium: 814mg		Total Sodium:1356mg (Diet:1312mg)		Total Sodium: 1446mg		Total Sodium:1087mg (Diet:950mg)	
25	Sodium	26	Sodium	27	Sodium	28	Sodium	29	Sodium
Pork Rib-i-que w/BBQ Sauce	475	Swedish Meatballs	323	Sloppy Joe*	648	Chicken Cranberry Salad	197	Breaded Mac & Cheese	482
Mac N Cheese	167	Mashed Potatoes	108	Red Bliss Potatoes	17	Three Bean Salad	280	Stewed Tomatoes	6
Green Beans	0	Scandinavian Vegetables	30	Mixed Vegetables	30	Coleslaw	173	Roasted California Veg.	32
Pineapple	0	Vanilla Mousse	155	Fresh Fruit	0	Birthday Cake/Small Piece	221/110	Fresh Fruit	0
Sandwich Roll	248	Pumpnickel Bread	135	Sandwich Roll	248	Hot Dog Bun	195	Italian Bread	96
Calories: 710		Calories: 761		Calories: 696		Calories: 932 (Diet:841)		Calories: 890	
Total Sodium: 1016mg		Total Sodium: 876mg		Total Sodium: 1068mg		Total Sodium:1190mg (Diet:1080mg)		Total Sodium: 895mg	