


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Veg. Cheese Bake	2	Burger w/Chili & Cheese*	3	Jambalaya*	4	Ranch Chicken*	5	Braised Beef
	Seasoned Potatoes		Potato Wedges		Rice Pilaf		Au Gratin Potatoes		Mashed Potatoes
	Jardiniere Vegetables		Green Beans		Green Peas		Mixed Vegetables		Scandinavian Veg.
	Cookies		Fresh Fruit		Pineapple		Fruited Ambrosia		Pears
	Whole Wheat Bread		Sandwich Roll		Marble Rye Bread		Pumpernickel Bread		Italian Bread
Calories: 908		Calories: 787		Calories: 707		Calories: 848		Calories: 832	
Total Sodium: 851mg		Total Sodium: 1183mg		Total Sodium: 846mg		Total Sodium: 1185mg		Total Sodium: 567mg	
8	Salisbury Steak w/Gravy	9	Hot Dog*	10	Turkey Supreme*	11	Baked Potato w/ Chili & Cheese*	12	Burgundy Pork*
	Garlic Mashed Potatoes		Baked Beans		Herbed Stuffing		Roasted Broccoli		Mashed Potatoes
	Herbed Carrots		Coleslaw		Mixed Vegetables		Lemon Pudding		Rstd. Brussels Sprouts
	Fresh Fruit		Baked Apples		Fruited Ambrosia		Diet = Vanilla Pudding		Peaches
	Sandwich Roll		Mustard		Italian Bread		Whole Wheat Bread		Pumpernickel Bread
Calories: 827		Calories: 834		Calories: 610		Calories: 807		Calories: 630	
Total Sodium: 873mg		Total Sodium: 1446mg		Total Sodium: 1194mg		Diet: 757 Total Sodium: 1120mg Diet: 1065mg		Total Sodium: 1024mg	
15	Shepherd's Pie	16	Greek Lemon Chicken	17	Meatloaf with Gravy	18	American Chop Suey	19	Frittata*
	Carrots		Steamed White Rice		Garlic Mashed Potatoes		Winter Blend Veg.		Stewed Tomatoes
	Peas		Rstd Broccoli & Carrots		Chuckwagon Corn		Birthday Cake		Green Beans
	Tropical Fruit		Chocolate Mousse		Fresh Fruit		Diet = Half Piece Cake		Cookies
	Marble Rye Bread		Pumpernickel Bread		Whole Wheat Bread		Italian Bread		Whole Wheat Bread
Calories: 782		Calories: 796		Calories: 761		Calories: 643		Calories: 735	
Total Sodium: 555mg		Total Sodium: 1121mg		Total Sodium: 658mg		Diet: 552 Total Sodium: 646mg Diet: 536mg		Total Sodium: 1174mg	
22	Chicken Picatta	23	Stuffed Chicken w/Gravy*	24	Teriyaki Beef			26	Lemon Pepper Haddock
	Bowtie Pasta		Cranberry Stuffing		Steamed Rice				Rice Pilaf
	Roasted Broccoli		Buttered Carrots		Roasted California Veg.				Mixed Vegetables
	Rice Krispy Treat		Carrot Cake		Pineapple				Fresh Fruit
	Pumpernickel Bread		Diet = Half Piece Cake		Fortune Cookie				Marble Rye Bread
Calories: 681		Calories: 983		Calories: 834				Calories: 673	
Total Sodium: 706mg		Diet: 834 Total Sodium: 1432mg Diet: 1293mg		Total Sodium: 1119mg				Total Sodium: 682mg	
29	Breaded Mac & Cheese	30	Meatballs w/Onion Gravy	31	Marinated Pork Loin	<p><u>MENU SUBJECT TO CHANGE</u> Your \$3.00 Donation is Appreciated!</p> <p>Meals are based on a No Added Salt (3,000-4,000 milligram diet for healthy older adults. If you have a special dietary concerns, contact our Nutritionist at Ext.266 for guidance on meeting your dietary requirements.</p> <p>mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg All meals include 125mg sodium for milk</p>			
	Stewed Tomatoes		Bowtie Pasta		Herbed Potatoes				
	Green Beans		Peas		Glazed Carrots				
	Peaches		Pineapple		Vanilla Mousse				
	Italian Bread		Whole Wheat Bread		Marble Rye Bread				
Calories: 777		Calories: 722		Calories: 747					
Total Sodium: 713mg		Total Sodium: 497mg		Total Sodium: 861mg					