

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
2	Shepherd's Pie Carrots Peas Chocolate Pudding Diet = Chocolate Pudding Marble Rye Bread	Sodium 255 53 7 135 160 105	3	Greek Chicken Steamed White Rice Broccoli Peaches Pumpernickel Bread	Sodium 497 101 16 5 135	4	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Italian Bread	Sodium 285 107 1 138 96	5	High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	Sodium 540 370 152 14 50 195	6	Frittata* O'Brien Potatoes Stewed Tomatoes Cookies Whole Wheat Bread	Sodium 657 101 6 147 138
Calories: 852 Diet: 792 Total Sodium: 680mg Diet: 705mg		Calories: 671 Total Sodium: 878mg		Calories: 735 Total Sodium: 614mg		Calories: 841 Total Sodium: 1457mg		Calories: 735 Total Sodium: 1174mg						
9	Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Sodium 438 101 15 0 0 138	10	White Bean Chicken Chili* Brown Rice Green Beans Mandarin Oranges Marble Rye Bread	Sodium 895 64 0 0 105	11	Chicken Picatta Pasta California Blend Veg. Lemon Pudding Diet = Tapioca Pudding Pumpernickel Bread	Sodium 319 8 36 180 135 135	12	Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll	Sodium 240 83 108 53 0 248	13	Lemon Pepper Haddock Red Bliss Potatoes Mixed Vegetables Lorna Doones Marble Rye Bread Tartar Sauce	Sodium 267 17 30 147 105 85
Calories: 859 Total Sodium: 817mg		Calories: 667 Total Sodium: 1190mg		Calories: 677 Diet: 627 Total Sodium: 802mg Diet: 757mg		Calories: 792 Total Sodium: 857 mg		Calories: 642 Total Sodium: 776mg						
16	BBQ Chicken* Seasoned Potatoes Country Blend Vegetables Peaches Marble Rye Bread	Sodium 603 7 22 5 105	17	High Sodium Meal Corned Beef* Boiled Potatoes Cabbage & Carrots Cheesecake Mousse Italian Bread	Sodium 1098 6 42 130 96	18	Marinated Pork Loin Herbed Stuffing Broccoli & Carrots Brownie Diet = Cookies Italian Bread	Sodium 400 305 33 150 147 96	19	Cranberry Chicken Salad Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun	Sodium 197 172 71 0 195	20	Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread	Sodium 482 6 0 55 96
Calories: 603 Total Sodium: 866mg		Calories: 515 Total Sodium: 1498mg		Calories: 771 Diet: 763 Total Sodium: 1109 Diet: 1107mg		Calories: 752 Total Sodium: 759mg		Calories: 887 Total Sodium: 763mg						
23	Meatballs w/Onion Gravy Bowtie Pasta Peas Pineapple Whole Wheat Bread	Sodium 345 8 7 0 138	24	Chicken Stir-Fry* Rice Pilaf Roasted Broccoli Fresh Fruit Pumpernickel Bread	Sodium 815 70 15 0 135	25	Vegetable Cheese Bake Red Bliss Potatoes Scandinavian Vegetables Mixed Fruit Whole Wheat Bread	Sodium 416 17 30 20 138	26	Beef Bourguignon Garlic Mashed Potatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread	Sodium 252 108 0 221 110 96	27	Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Chocolate Mousse Marble Rye	Sodium 252 180 101 18 230 105
Calories: 722 Total Sodium: 497mg		Calories: 685 Total Sodium: 1162 mg		Calories: 759 Total Sodium: 747mg		Calories: 844 Diet: 753 Total Sodium: 876mg Diet: 766mg		Calories: 789 Total Sodium: 1011mg						
30	Roast Pork w/ Gravy Cranberry Stuffing Brussels Sprouts Pear Crisp Diet/TV = Applesauce Whole Wheat Bread	Sodium 436 300 9 35 25 138	31	Ziti with Meat Sauce* Mozzarella Cheese Broccoli & Red Peppers Baked Apples Italian Bread	Sodium 528 150 15 14 96	<p>MENUS ARE SUBJECT TO CHANGE  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 concern regarding sodium, contact our Nutritionist for guidance on managing your dietary needs.</p> <p>mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk</p>								
Calories: 802 Diet: 731 Total Sodium: 1131mg Diet: 1121mg		Calories: 681 Total Sodium: 924mg												

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Ext. 290

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ESWA Nutrition Program

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