


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 dietary concerns, contact our Nutritionist at Ext. 266 for guidance on meeting your dietary requirements. mg = milligrams High Sodium Meal = >1200mg				1 Garlic Brown Sugar Chicken Lemon Seasoned Pot. Roasted California Veg. Fresh Fruit Whole Wheat Bread		Sodium 356 179 32 0 138	2 <i>Easter Meal</i> Maple Glazed Ham* Mashed Potatoes Carrots Dinner Roll Cheesecake Mousse ~ High Sodium Meal ~		Sodium 805 108 53 113 130	3 Vegetarian Chili w/Cheese Roasted Potatoes Country Blend Vegetables Brownie Diet = Cookies Marble Rye Bread		Sodium 311/180 7 22 150 147 105		
				*Indicates higher sodium entrees >500mg All meals include 125mg sodium for milk				Calories: 699 Total Sodium: 831mg		Calories: 650 Total Sodium: 1334mg		Calories: 817 Diet: 808 Total Sodium: 899mg Diet: 896mg		
6 Lasagna & Meatballs Marinara Sauce Green Beans Chocolate Pudding Diet = Rice Krispy Treat Italian Bread		Sodium 321/139 381 0 135 105 96	7 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple		Sodium 527 66 292 9 68 0	8 Roast Pork with Gravy Cranberry Stuffing Winter Blend Baked Apples Marble Rye Bread		Sodium 266 170 300 18 14 105	9 Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll		Sodium 420 3 273 70 0 248	10 Chicken Tiki Masala Couscous Roman Blend Vegetables Butterscotch Pudding Diet= SF Vanilla Pudding Pumpernickel Bread		Sodium 323 84 9 246 125 135
Calories: 717 Diet: 657 Total Sodium: 1197mg Diet: 1167mg		Calories: 862 Total Sodium: 1086mg		Calories: 665 Total Sodium: 1086mg		Calories: 800 Total Sodium: 1140mg		Calories: 644 Diet: 606 Total Sodium: 923mg Diet: 802mg						
13 Beef Stew Rice Corn Niblets Pineapple Biscuit		Sodium 166 101 1 0 310	14 Buttermilk Chicken Herbed Stuffing Mixed Vegetables Tropical Fruit Whole Wheat Bread		Sodium 362 305 30 10 138	15 Baked Potato w/ Chili & Cheese* Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread		Sodium 7 654 15 9 230 135	16 <i>High Sodium Meal</i> Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun		Sodium 540 370 152 14 50 195	17 Shepherd's Pie Carrots Peas Pear Streusel Cake Diet = Small Piece Italian Bread		Sodium 255 53 7 271 135 96
Calories: 898 Total Sodium: 703mg		Calories: 657 Total Sodium: 970mg		Calories: 850 Total Sodium: 1175mg		Calories: 841 Total Sodium: 1457mg		Calories: 928 Diet: 807 Total Sodium: 807mg Diet: 672mg						
20  ~ No Meals Served ~		21 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread		Sodium 285 107 53 20 138	22 Roast Turkey & Gravy* Mashed Sweet Potatoes Roasted Brussels Sprouts Fruited Ambrosia Marble Rye Bread		Sodium 742 91 9 55 105	23 Breaded Mac & Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread		Sodium 482 6 0 221 110 96	24 Teriyaki Beef Steamed Rice Broccoli Pineapple Whole Wheat Bread Fortune Cookie		Sodium 438 101 16 0 138 0	
Calories: 771 Total Sodium: 745mg		Calories: 802 Total Sodium: 1127mg		Calories: 898 Diet: 808 Total Sodium: 929mg Diet: 819mg		Calories: 802 Total Sodium: 818mg								
27 Pork Rib-i-que w/BBQ Sauce Mac N Cheese Green Beans Pineapple Sandwich Roll		Sodium 280 195 167 0 0 248	28 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = Vanilla Pudding Marble Rye Bread		Sodium 323 108 30 170 125 105	29 Sloppy Joe* Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll		Sodium 648 7 30 0 248	30 Chicken Cacciatore Gemelli Pasta Broccoli Brownie Diet = Cookie Whole Wheat Bread		Sodium 303 8 15 150 147 138	MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated!		
Calories: 770 Total Sodium: 1016mg		Calories: 791 Diet: 721 Total Sodium: 862mg Diet: 817mg		Calories: 831 Total Sodium: 1059mg		Calories: 723 Diet: 714 Total Sodium: 732mg Diet: 729mg								

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Ext. 290

April 2026

ESWA Nutrition Program

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