

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<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 served daily</p>								<p>1</p> <p>Potato Crunch Fish 280 Rice Pilaf 70 Mixed Vegetables 30 Fruited Ambrosia 55 Sandwich Roll 248 Tartar Sauce 85</p> <p>Calories: 905 Total Sodium: 893mg</p>	
<p>4</p> <p>Shepherd's Pie 255 Carrots 7 Peas 53 Vanilla Yogurt 50 Marble Rye Bread 105</p> <p>Calories: 792 Total Sodium: 595mg</p>		<p>5 <i>Cinco de Mayo</i></p> <p>Chicken Fajitas* 527 Spanish Rice 66 Black Beans & Corn 292 Pineapple 0 Pita Bread 68 Sour Cream 9</p> <p>Calories: 862 Total Sodium: 1086mg</p>		<p>6</p> <p>Braised Beef 197 Gemelli Pasta 8 Broccoli 16 Baked Apples 14 Pumpnickel Bread 135</p> <p>Calories: 840 Total Sodium: 495mg</p>		<p>7 <i>Mother's Day Meal</i></p> <p>Chicken Royale* w/ Gravy 550/81 Mashed Sweet Potatoes 91 Green Beans 0 Double Chocolate Cake 210 Diet = Cheesecake Mousse 130 Italian Bread 96</p> <p>Calories: 939 Diet Cal: 793 Total Sodium: 1153mg Diet: 1073mg</p>		<p>8</p> <p>Vegetable Cheese Bake 416 O'Brien Potatoes 101 Tuscany Vegetables 31 Fresh Fruit 0 Whole Wheat Bread 138</p> <p>Calories: 815 Total Sodium: 811mg</p>	
<p>11</p> <p>Honey Mustard Pork* 817 Mashed Potatoes 108 Mixed Vegetables 30 Fresh Fruit 0 Italian Bread 96</p> <p>Calories: 781 Total Sodium: 1176mg</p>		<p>12</p> <p>Burger w/ Chili & Cheese 297/90 Herb Potatoes 7 Green Beans 0 Lorna Doone Cookies 147 Sandwich Roll 248</p> <p>Calories: 889 Total Sodium: 1063mg</p>		<p>13</p> <p>Jambalaya* 539 Rice Pilaf 70 Peas & Carrots 30 Pineapple 0 Pumpnickel Bread 135</p> <p>Calories: 685 Total Sodium: 899mg</p>		<p>14</p> <p>Garlic Herbed Chicken 356 Cranberry Stuffing 300 California Blend Vegetables 36 Tapioca Pudding 210 Diet = SF Tapioca 135 Whole Wheat Bread 138</p> <p>Calories: 766 Diet Cal: 658 Total Sodium: 1162mg Diet: 1090mg</p>		<p>15</p> <p>Beef Stir-Fry 443 Steamed Rice 101 Roasted Broccoli 15 Baked Cinnamon Pears 5 Marble Rye Bread 105</p> <p>Calories: 778 Total Sodium: 794mg</p>	
<p>18</p> <p>Ranch Chicken* 554 Vegetable Couscous 77 Spinach 87 Fresh Fruit 1 Pumpnickel Bread 135</p> <p>Calories: 707 Total Sodium: 979mg</p>		<p>19</p> <p>Cranberry Chicken Salad 197 Pasta Salad 172 Tomato & Onion Salad 71 Vanilla Mousse 155 Hot Dog Bun 195</p> <p>Calories: 802 Total Sodium: 913mg</p>		<p>20</p> <p>Burgundy Pork* 768 Mashed Potatoes 108 Brussels Sprouts 15 Pear Crisp 54 Diet = Applesauce 25 Italian Bread 96</p> <p>Calories: 790 Diet Cal: 653 Total Sodium: 1166mg Diet: 1137mg</p>		<p>21 <i>Holiday Meal</i></p> <p>High Sodium Meal Hot Dog* 540 Baked Beans 370 Coleslaw 152 Baked Apples 14 Hot Dog Bun 195 Mustard 50</p> <p>Calories: 834 Total Sodium: 1446mg</p>		<p>22</p> <p>American Chop Suey 186 Roasted Cauliflower 15 Carrots 53 Chocolate Brownie 150 Diet = Half Piece 75 Whole Wheat Bread 138</p> <p>Calories: 720 Diet Cal: 647 Total Sodium: 667mg Diet: 593mg</p>	
<p>25</p> <p>Memorial Day No Meal Served</p>		<p>26 <i>High Sodium Meal</i></p> <p>Turkey Supreme* 790 Supreme Sauce 115 Cornbread Stuffing 242 Country Blend Vegetables 22 Pineapple 0 Pumpnickel Bread 135</p> <p>Calories: 707 Total Sodium: 1429mg</p>		<p>27</p> <p>Meatloaf w/ Gravy 202 Garlic Mashed Potatoes 107 Honey Glazed Carrots 70 Peaches 5 Marble Rye Bread 105</p> <p>Calories: 746 Total Sodium: 697mg</p>		<p>28</p> <p>Greek Chicken 497 Steamed White Rice 101 Brussels Sprouts 15 Birthday Cake 221 Diet = Small Piece 110 Italian Bread 96</p> <p>Calories: 781 Diet Cal: 691 Total Sodium: 1054mg Diet: 944mg</p>		<p>29</p> <p>Baked Potato w/ Chili & Cheese 474/180 Broccoli 16 Fresh Fruit 1 Whole Wheat Bread 138 Sour Cream 9</p> <p>Calories: 772 Total Sodium: 950mg</p>	

508-852-3205

Ext. 290

MAY 2026

ESWA Nutrition Program

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