

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>MENU 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 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>				<p>1</p> <p>Beef Stew</p> <p>Mashed Potatoes 108 Corn Niblets 1 Cold Apple Crisp 54 Diet=Applesauce 25 Biscuit 310</p> <p>Calories: 975 Diet: 765 Total Sodium:765mg Diet:736mg</p>		<p>2</p> <p>High Sodium Meal</p> <p>Hot Dog 540 Baked Beans 370 Coleslaw 173 Baked Apples 14 Hot Dog Bun 195 Mustard 50</p> <p>Calories: 848 Total Sodium: 1467mg</p>		<p>3</p> <p>Holiday Observance</p>  <p><i>No Meal Served</i></p>	
<p>6</p> <p>Roast Pork w/Gravy</p> <p>Cranberry Stuffing 300 Jardiniere Vegetables 18 Mandarin Oranges 0 Whole Wheat Bread 138</p> <p>Calories: 711 Total Sodium: 1105mg</p>		<p>7</p> <p>Shepherd's Pie</p> <p>Carrots 53 Peas 7 Fruited Ambrosia 55 Italian Bread 96</p> <p>Calories: 856 Total Sodium: 591mg</p>		<p>8</p> <p>Baked Potato w/ Chili & Cheese*</p> <p>Broccoli 15 Sour Cream 9 Chocolate Mousse 230 Pumpnickel Bread 135</p> <p>Calories: 850 Total Sodium: 1175mg</p>		<p>9</p> <p>Beef w/Onions & Peppers</p> <p>Herbed Potato 7 Honey Glazed Carrots 70 Fresh Fruit 0 Sandwich Roll 248</p> <p>Calories: 836 Total Sodium: 874mg</p>		<p>10</p> <p>Buttermilk Chicken</p> <p>Red Bliss Potatoes 17 Mixed Vegetables 30 Cinnamon Streusel Cake 271 Diet = Lorna Doones 147 Italian Bread 96</p> <p>Calories: 701 Diet: 596 Total Sodium:902mg Diet: 777mg</p>	
<p>13</p> <p>Chicken Tiki Masala</p> <p>Couscous 84 Roman Blend Vegetables 9 Chocolate Pudding 135 Diet= SF Choc Pudding 160 Pumpnickel Bread 135</p> <p>Calories: 666 Diet: 606 Total Sodium:812mg Diet:837mg</p>		<p>14</p> <p>Meatloaf with Gravy</p> <p>Garlic Mashed Potatoes 107 Summer Blend Veg. 24 Mixed Fruit 20 Dinner Roll 113</p> <p>Calories: 721 Total Sodium: 674mg</p>		<p>15</p> <p>Roast Turkey & Gravy*</p> <p>Mashed Sweet Potatoes 91 Brussels Sprouts 15 Apple Crisp 63 Diet = Applesauce 25 Marble Rye Bread 105</p> <p>Calories: 738 Diet: 628mg Total Sodium: 1141mg Diet:1103mg</p>		<p>16</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes 6 Green Beans 0 Fresh Fruit 0 Italian Bread 96</p> <p>Calories: 788 Total Sodium: 708mg</p>		<p>17</p> <p>Teriyaki Beef</p> <p>Steamed Rice 101 Broccoli 16 Pineapple 0 Whole Wheat Bread 138 Fortune Cookie 0</p> <p>Calories: 802 Total Sodium: 818mg</p>	
<p>20</p> <p>Pork Rib-i-que w/BBQ Sauce</p> <p>Mac N Cheese 167 Green Beans 0 Cold Baked Apples 14 Sandwich Roll 248</p> <p>Calories: 700 Total Sodium: 1083mg</p>		<p>21</p> <p>Swedish Meatballs</p> <p>Mashed Potatoes 108 Scandinavian Vegetables 30 Vanilla Pudding 170 Diet = Vanilla Pudding 125 Marble Rye Bread 105</p> <p>Calories: 791 Diet: 721 Total Sodium:862mg Diet:817mg</p>		<p>22</p> <p>Sloppy Joe*</p> <p>Herbed Potatoes 7 Mixed Vegetables 30 Fresh Fruit 0 Sandwich Roll 248</p> <p>Calories: 831 Total Sodium: 1059mg</p>		<p>23</p> <p>Chicken Cacciatore</p> <p>Gemmeli Pasta 8 Broccoli 15 Birthday Cake 221 Diet = Half Piece 110 Italian Bread 96</p> <p>Calories: 729 Diet: 639mg Total Sodium:767mg Diet:657mg</p>		<p>24</p> <p>Fish w/Crumb Topping</p> <p>Rice Pilaf 149 Country Blend Veg. 22 Fruited Ambrosia 55 Whole Wheat Bread 138 Tartar Sauce 85</p> <p>Calories: 786 Total Sodium: 798mg</p>	
<p>27</p> <p>Garlic Herbed Chicken</p> <p>Herbed Stuffing 305 Spinach 85 Jello 6 Dinner Roll 113</p> <p>Calories: 502 Total Sodium:893mg</p>		<p>28</p> <p>Spaghetti & Meatballs</p> <p>Marinara Sauce* 763 Green Beans 0 Blueberry Crisp 63 Diet = Applesauce 25 Italian Bread 96</p> <p>Calories: 745 Diet: 635 Total Sodium:876mg Diet:838mg</p>		<p>29</p> <p>Beef Stir Fry</p> <p>Steamed Rice 101 Peas & Onions 7 Brownie 150 Diet = Lorna Doones 147 Pumpnickel Bread 135</p> <p>Calories: 882 Diet: 874 Total Sodium:960mg Diet:957mg</p>		<p>30</p> <p>Honey Mustard Pork*</p> <p>Seasoned Potatoes 7 Carrots 53 Peaches 5 Marble Rye Bread 105</p> <p>Calories: 792 Total Sodium: 1112mg</p>		<p>31</p> <p>Chicken Cranberry Salad</p> <p>Pasta Salad 172 Three Bean Salad 370 Fresh Fruit 0 Hot Dog Roll 195</p> <p>Calories: 832 Total Sodium: 1058mg</p>	

508-852-3205

Ext.290

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ESWA Nutrition Program

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