

Monday		Tuesday		Wednesday		Thursday		Friday	
MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated!		1 Meatballs w/ Onion Gravy Bowtie Pasta Roasted Brussels Sprouts Rice Krispy Treat Marble Rye Bread	Sodium 260 85 8 9 105 105	2 Marinated Pork Loin Cornbread Stuffing California Vegetables Cinnamon Struesel Diet = Lorna Doones Dinner Roll	Sodium 400 242 36 271 147 113	3 Chicken w/ BBQ Sauce Mashed Potatoes Mixed Vegetables Fresh Fruit Corn Muffin	Sodium 212 498 108 30 1 149	4 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	Sodium 540 370 162 14 195 50
		Calories: 845 Total Sodium: 696 mg		Calories: 853 Diet: 748 Total Sodium: 1187mg Diet:1062mg		Calories: 796 Total Sodium: 1124 mg		Calories: 841 Total Sodium: 1457 mg	
7 Labor Day No Meal Served		8 Chicken Stir Fry* Steamed Rice Roasted Broccoli Fresh Fruit Pumpernickel Bread	Sodium 815 101 15 1 135	9 Vegetable Cheese Bake O'Brien Potatoes Stewed Tomatoes Blueberry Crisp Diet = Applesauce Marble Rye Bread	Sodium 416 59 6 54 25 125	10 Bahn Mi Pork w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll	Sodium 266 320 53 173 5 248	11 Lentil Stew w/ Cheese Rice Pilaf Roasted California Veg. Yogurt Italian Bread	Sodium 252 180 70 32 75 96
		Calories: 718 Total Sodium: 1193mg		Calories: 890 Diet:753 Total Sodium: 765mg Diet:735mg		Calories: 639 Total Sodium: 1189 mg		Calories: 761 Total Sodium: 831 mg	
14 Roast Pork with Gravy Cranberry Herb Stuffing Jardiniere Vegetables Mandarin Oranges Whole Wheat Bread	Sodium 266 170 355 18 0 138	15 Ziti with Meat Sauce* Mozzarella Cheese Broccoli & Red Peppers Fresh Fruit Italian Bread	Sodium 8 516 150 15 1 96	16 Vegetarian Chili w/ Cheese Roasted Potatoes Green Beans Lorna Doones Marble Rye Bread	Sodium 311 180 7 0 147 105	17 Garlic Brown Sugar Chicken Mashed Potatoes Country Blend Vegetables Chocolate Pudding Diet = SF Pudding Pumpernickel Bread	Sodium 356 108 22 135 160 135	18 Beef & Bean Enchilada* Vegetable Fried Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream	Sodium 658 217 1 0 68 9
Calories: 678 Total Sodium: 1072 mg		Calories: 730 Total Sodium: 911 mg		Calories: 789 Total Sodium: 874mg		Calories: 705 Diet: 645 Total Sodium: 881mg Diet: 906mg		Calories: 858 Total Sodium: 1077 mg	
21 Shepherd's Pie Carrots Peas Fresh Fruit Whole Wheat Bread	Sodium 255 7 53 0 138	22 Chicken Fajitas* Spanish Rice Black Beans & Corn Pineapple Sour Cream Pita Bread	Sodium 527 66 292 0 9 68	23 HIGH SODIUM MEAL Lasagna & Meatballs Marinara Sauce* Tuscany Vegetables Baked Apples Italian Bread	Sodium 459 763 31 14 96	24 Beef w/ Onions & Peppers Gemelli Pasta Broccoli Birthday Cake Diet = Half Piece Marble Rye Bread	Sodium 423 8 15 221 110 105	25 Lemon Pepper Fish Wild Rice Roasted Brussels Sprouts Chocolate Mousse Pumpernickel Bread Tartar Sauce	Sodium 280 280 9 230 135 85
Calories: 777 Total Sodium: 578 mg		Calories: 862 Total Sodium: 1086 mg		Calories: 669 Total Sodium: 1488 mg		Calories: 836 Diet: 745 Total Sodium: 897mg Diet: 786mg		Calories: 698 Total Sodium: 1143mg	
28 Buttermilk Chicken Herbed Potatoes Honey Glazed Carrots Fresh Fruit Marble Rye Bread	Sodium 362 7 70 1 105	29 Beef Stew Steamed Rice Corn Peach Crisp Diet = Applesauce Biscuit	Sodium 166 101 1 35 25 310	30 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Vanilla Mousse Pumpernickel Bread	Sodium 7 180/474 15 9 155 135	Meals are based on a No Added Salt (3,000-4,000 milligram) diet for healthy older adults. If you have a special dietary concern, contact our Nutritionist for guidance on meeting your dietary requirements. mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg All meals include 125mg sodium for milk			
Calories: 710 Total Sodium: 670 mg		Calories: 950 Diet: 878 Total Sodium: 738mg Diet:728mg		Calories: 846 Total Sodium: 1100 mg					