

Monday		Tuesday		Wednesday		Thursday		Friday	
MENU SUBJECT TO CHANGE YOUR \$3.00 DONATION IS APPRECIATED! 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. mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk						1 HIGH SODIUM Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories: 841 Total Sodium: 1457 mg		2 Swedish Meatballs Mashed Potatoes Carrots Fruited Ambrosia Italian Bread Calories: 782 Total Sodium: 760 mg	
5 Teriyaki Beef Vegetable Fried Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories: 742 Total Sodium: 933 mg		6 Meatloaf w/ Gravy Garlic Mashed Potatoes Scandinavian Vegetables Fresh Fruit Marble Rye Bread Calories: 725 Total Sodium: 652 mg		7 Roast Turkey* w/ Gravy Mashed Sweet Potatoes Peas & Mushrooms Apple Crisp Diet = Applesauce Dinner Roll Calories: 760 Diet: 649 Total Sodium:1179mg Diet:1141mg		8 Macaroni & Cheese Stewed Tomatoes Green Beans Tapioca Pudding Diet = SF Tapioca Italian Bread Calories: 857 Diet: 807 Total Sodium: 918mg Diet: 843mg		9 Chicken Tiki Masala Couscous Roasted California Veg. Lorna Doones Pumpernickel Bread Calories: 720 Total Sodium: 846 mg	
12 COLUMBUS DAY No Meal Served		13 HIGH SODIUM Pork Rib-i-que w/ BBQ Sauce Mac 'n Cheese Green Beans Mandarin Oranges Sandwich Roll Calories: 759 Total Sodium: 1243 mg		14 Sloppy Joe's* Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll Calories: 831 Total Sodium: 1059 mg		15 Chicken Cacciatore Gemelli Pasta Roasted Broccoli & Carrots Blueberry Crisp Diet = Applesauce Italian Bread Calories: 798 Diet:688 Total Sodium: 835 mg Diet: 798 mg		16 Fish w/ Crumb Topping Lemon Seasoned Potatoes Tuscany Style Vegetables Jello Sandwich Roll Tartar Sauce Calories: 663 Total Sodium: 898 mg	
19 Honey Mustard Pork* Red Bliss Potatoes Carrots Fresh Fruit Dinner Roll Calories: 734 Total Sodium: 1127 mg		20 Spaghetti & Meatballs Marinara Sauce* Green Beans Baked Cinnamon Pears Italian Bread Calories: 685 Total Sodium: 1199 mg		21 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun Calories: 1006 Total Sodium: 1123 mg		22 Garlic Herbed Chicken Herbed Stuffing Roasted Brussels Sprouts Birthday Cake Diet = Half Piece Pumpernickel Bread Calories: 782 Diet: 692 Total Sodium: 1101mg Diet: 991mg		23 Beef Stir Fry Steamed Rice Broccoli & Red Peppers Oreos Marble Rye Bread Calories: 764 Total Sodium: 939 mg	
26 Vegetable Cheese Bake Herbed Potatoes Green Beans Yogurt Whole Wheat Bread Calories: 852 Total Sodium: 761 mg		27 Burger Veggie Chili & Cheese Sweet Potato Fries Roasted California Veg. Blueberries Sandwich Roll Calories: 859 Total Sodium: 955 mg		28 Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread Calories: 707 Total Sodium: 846 mg		29 Braised Beef Gemelli Pasta Broccoli Peaches Italian Bread Calories: 822 Total Sodium: 447 mg		30 Ranch Chicken* Vegetable Couscous Spinach Pumpkin Mousse Pumpernickel Bread Calories: 681 Total Sodium: 1156 mg	