


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Na+	4	Na+	5	Na+	6	Na+	7	Na+
Chicken Cacciatore	426	Mulligatawny Soup	120	Chicken Kielbasa	400	Beef Stew	200	Macaroni & Cheese	488
Penne Pasta	1	*Seafood Bake	674	Peppers & Onions	27	Broccoli	10	Stewed Tomatoes	150
Italian Blend Vegetables	41	Dinner Roll	132	Corn	15	Whole Wheat Bread	160	Multigrain Bread	164
Whole Wheat Bread	160	Vanilla Yogurt	50	Hot Dog Bun	270	Fresh Fruit	1	Hermit	24
Raisins	4			Pineapple Chunks	1			Diet: Gingerboy	60
Total Sodium(mg): 757		Total Sodium(mg): 1101		Total Sodium(mg): 838		Total Sodium(mg): 496		Total Sodium(mg): 951	
Calories: 609		Calories: 665		Calories: 628		Calories: 687		Calories: 912	
10	Na+	11	Special/High Sodium Na+	12	Na+	13	Na+	14	Na+
Beef and Lentil Chili	260	*Veal Parmesan	640	Chicken Breast Supreme	316	Vegetable Gumbo Soup	56	Vegetable Lasagna	405
Brown Rice	5	Ziti Pasta	1	Red Potatoes	1	Pork w/Apple Raisin Sauce	78	California Vegetables	22
Peas	68	Broccoli	10	Brussels Sprouts	12	Sweet Potatoes	35	Whole Wheat Bread	160
Buttermilk Biscuit	340	Dinner Roll	132	Multigrain Bread	164	Whole Wheat Bread	160	Mixed Fruit	10
Applesauce	15	Blueberry Buckle	360	Fresh Fruit	1	Chocolate Pudding	135		
		D: Lorna Doones	100			D: SF Choc Pudding	156		
Total Sodium(mg): 813		Total Sodium(mg): 1268		Total Sodium(mg): 619		Total Sodium(mg): 745		Total Sodium(mg): 722	
Calories: 699		Calories: 1005		Calories: 477		Calories: 795		Calories: 510	
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+
Patriot's Day Holiday		Grilled Chicken w/Apricot Glaze	352	Corn Chowder	172	*Roast Turkey w/Gravy	536	Chicken Chow Mein	436
No Meals Served		Brown Rice Pilaf	159	Meatball Marinara	284	Mashed Potatoes	66	Chow Mein Noodles	33
		Spinach	65	Rotini Pasta	1	Broccoli	10	White Rice	5
		Whole Wheat Bread	160	Multigrain Bread	164	Whole Wheat Bread	160	Carrots	64
		Diced Peaches	5	Fresh Fruit	1	Almond Cookie	181	Whole Wheat Bread	160
						Diet: Lorna Doones	100	Mandarin Oranges	7
								Fortune Cookie	6
		Total Sodium(mg): 866		Total Sodium(mg): 747		Total Sodium(mg): 1178		Total Sodium(mg): 836	
		Calories: 565		Calories: 753		Calories: 740		Calories: 517	
24	Na+	25	Na+	26	Na+	27	Na+	28	Na+
Split Pea Soup	96	Pork w/Rosemary Gravy	156	Balsamic Chicken Breast	331	Tomato Florentine Soup	164	Meatloaf w/Mushroom Gravy	299
Swedish Meatballs	200	Chantilly Potatoes	238	Rice Pilaf	141	Broccoli Bake	482	Mashed Potatoes	66
Egg Noodles	4	Peas & Carrots	72	Mexicali Corn	3	Homefries	5	Green Beans	3
Italian Bread	230	Whole Wheat Bread	160	Multigrain Bread	164	Whole Wheat Bread	160	Dinner Roll	132
Strawberry Yogurt	75	Lemon Cake	215	Applesauce	15	Diced Peaches	5	Fresh Fruit	1
		D:Lemon Grahams	95						
Total Sodium(mg): 730		Total Sodium(mg): 966		Total Sodium(mg): 779		Total Sodium(mg): 941		Total Sodium(mg): 625	
Calories: 712		Calories: 705		Calories: 643		Calories: 718		Calories: 735	
				<p>Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults. Higher sodium items are marked with an asterisk* (>500mg)</p>		<p>Sodium (Na+) is listed in milligrams next to each menu item.</p> <p>All Meals include 1% 110 Calories, 125mg Sodium</p>		<p>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>	