


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	<b>Na+</b>	<b>6</b>	<b>Na+</b>
BBQ Chicken Breast	402	Lentil Spinach Soup	304	Chicken Jambalaya	310	Beef Burgundy	159	Macaroni and Cheese	488
Baked Beans	39	Breaded Pollock	273	Brown Rice	5	Red Bliss Potatoes	5	Stewed Tomatoes	150
Carrots	64	Tartar Sauce	100	Peas	68	Broccoli	10	Wheat Bread	160
Whole Wheat Bun	230	Whipped Potatoes	66	Whole Wheat Bread	160	Multigrain Bread	164	Strawberry Yogurt	75
Pineapple	1	Wheat Dinner Roll	105	Fresh Orange	0	Hermit Cookie	24		
		Diced Peaches	5			D: Maple Grahams	115		
Total Sodium (mg): 861		Total Sodium(mg): 978		Total Sodium(mg): 668		Total Sodium (mg): 487		Total Sodium(mg): 998	
Calories: 642		Calories: 732		Calories: 651		Calories: 793		Calories: 775	
<b>9</b>	<b>Na+</b>	<b>10</b>	<b>SPECIAL Na+</b>	<b>11</b>	<b>Na+</b>	<b>12</b>	<b>Na+</b>	<b>13</b>	<b>Na+</b>
Beef and Lentil Stew	179	Stuffed Chicken Breast	430	Vegetable Gumbo	50	Chicken Tetrazzini	487	Shepherd's Pie	178
Cauliflower Supreme	14	Wild Rice Pilaf	140	Roast Pork w/Gravy	156	Brussels Sprouts	12	Green Beans	5
Buttermilk Biscuit	340	Broccoli Au Gratin	158	Whipped Potatoes	66	Multigrain Bread	164	Whole Wheat Bread	160
Mixed Fruit	10	Wheat Dinner Roll	105	Whole Wheat Bread	160	Mandarin Oranges	7	Fig Bar	100
		Chocolate Mousse	280	Fresh Apple	1			D: Apple-Cinn Grahams	85
		Diet Chocolate Mousse	125						
		<b>HIGH SODIUM MEAL</b>							
Total Sodium (mg): 668		Total Sodium(mg): 1238		Total Sodium(mg): 558		Total Sodium(mg): 795		Total Sodium (mg): 568	
Calories: 554		Calories: 691		Calories: 636		Calories: 543		Calories: 733	
<b>16</b>	<b>Na+</b>	<b>17</b>	<b>Na+</b>	<b>18</b>	<b>Na+</b>	<b>19</b>	<b>Na+</b>	<b>20</b>	<b>Na+</b>
Patriot's Day		Tomato Florentine Soup	164	Broccoli Bake	482	Roast Turkey w/Gravy	410	Haddock Newburg	364
		Meatloaf w/Mushroom Gravy	301	Stewed Tomatoes	150	Butternut Squash	48	Red Bliss Potatoes	1
No Meal Delivery		Chantilly Potatoes	238	Home Fries	5	Spinach	65	Italian Blend Vegetable	41
		Whole Wheat Bread	160	Multigrain Bread	164	Multigrain Bread	164	Whole Wheat Bread	160
		Diced Peaches	5	Fruit Crunch Bar	80	Apple Streusel Cake	191	Fresh Fruit	1
				D: Gingerboy	60	D: SF Vanilla Pudding	173		
		Total Sodium (mg): 993		Total Sodium(mg): 1006		Total Sodium (mg): 1003		Total Sodium(mg): 692	
		Calories: 725		Calories: 907		Calories: 590		Calories: 481	
<b>23</b>	<b>Na+</b>	<b>24</b>	<b>Na+</b>	<b>25</b>	<b>Na+</b>	<b>26</b>	<b>Na+</b>	<b>27</b>	<b>Na+</b>
Meatballs w/Tomato Sauce	378	Egg Drop Soup	167	Salisbury Steak w/Gravy	220	Three C Soup	299	Roast Pork w/Gravy	156
Potato Puffs	29	Chicken Teriyaki	479	Whipped Yams	31	Chicken w/Red Pepper Sauce	342	O'Brien Potatoes	8
Peppers and Onions	27	Brown Rice	5	Peas	66	Sour Cream & Chive Potatoes	94	Summer Vegetable Blend	24
Grinder Roll	218	Whole Wheat Bread	160	Whole Wheat Bread	160	Whole Wheat Bread	160	Wheat Dinner Roll	105
Diced Pears	5	Almond Cookie	182	Raisins	4	Applesauce	14	Blueberry Yogurt	75
		D: Lemon Grahams	95						
Total Sodium (mg): 782		Total Sodium(mg): 1118		Total Sodium(mg): 606		Total Sodium(mg): 1034		Total Sodium(mg): 418	
Calories: 727		Calories: 731		Calories: 753		Calories: 621		Calories: 542	
<b>30</b>	<b>Na+</b>			<i>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* (&gt;500mg)</i>		<i>Sodium (Na+) is listed in milligrams next to each menu item.</i>		<i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i>	
Haddock w/Lemon Vinaigrette	307					<i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i>			
Au Gratin Potatoes	39								
Broccoli	10								
Whole Wheat Bread	160								
Cherry Snack n Loaf	115								
D: Apple-Cinn Grahams	85								
Total Sodium(mg): 756									
Calories: 700									