


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Tomato Basil Meatballs 352 Cavitappi Pasta 1 Italian Blend Vegetables 41 Wheat Bread 160 Fruit Yogurt 75	2	Cran Orange Chicken Breast 338 Sweet Potatoes 2 Jardiniere Vegetables 50 Pumpernickel Bread 155 Diced Peaches 5	3	Tomato Florentine Soup 164 Pork and Pepper Saute 120 Wild Rice Pilaf 140 Multigrain Bread 164 Apple Streusel Cake 191 D: Cinnamon Apples 0	4	Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Mandarin Oranges 7	5	Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Fresh Pear 1
Total Sodium(mg): 754 Calories: 679		Total Sodium(mg): 675 Calories: 469		Total Sodium(mg): 904 Calories: 646		Total Sodium(mg): 704 Calories: 435		Total Sodium(mg): 927 Calories: 722	
8	Na+ Split Pea Soup 96 Chicken Coq au Vin 387 Sour Cream & Chive Mashed 92 Wheat Bread 160 Tropical Fruit Cup 10	9	Special Na+ Salmon Boat in Lemon Dill Sauce 276 Roasted Yukon Gold Potatoes 5 Broccoli au Gratin 158 Wheat Dinner Roll 105 Chocolate Mousse 280	10	Na+ Cheesy Cauliflower Soup 319 Beef tips in Burgandy Sauce 395 Butternut Squash 0 Rye Bread 150 Raisins 4	11	Na+ *Grilled Chicken Parmesan 655 Bowtie Pasta 1 Cauliflower Supreme 14 Multigrain Bread 164 Pineapple 1	12	Na+ Potato Pollock 273 Tartar Sauce 100 Orzo Pilaf w/Spinach 57 Riviera Blend Vegetables 140 Wheat Bread 160 Lorna Doones 100
Total Sodium (mg): 870 Calories: 788		Total Sodium(mg): 949 Calories: 680		Total Sodium(mg): 993 Calories: 735		Total Sodium(mg): 960 Calories: 585		Total Sodium (mg): 955 Calories: 777	
15	Na+ Patriot's Day Holiday  No Meals Served	16	Na+ Autumn Harvest Soup 233 Chicken Kielbasa 400 Peppers & Onions 27 Oven Roasted Potatoes 5 Hot Dog Roll 270 Apricots 10	17	Na+ Chicken Breast Florentine 347 Butternut Squash 48 Brussels Sprouts 12 Multigrain Bread 164 Fig Bar 100 D: SF pudding 156	18	Na+ Meat Loaf w/Gravy 301 Whipped Potatoes 66 Carrots 64 Dinner Rolls 132 Brownie 149 D: Chocolate Grahams 95	19	Na+ Macaroni & Cheese 488 Italian Blend Vegetables 41 Wheat Bread 160 Clementine 1
		Total Sodium (mg): 1070 Calories: 683		Total Sodium(mg): 796 Calories: 620		Total Sodium (mg): 837 Calories: 922		Total Sodium(mg): 815 Calories: 723	
22	Na+ Gypsy Soup 272 BBQ Pork Rib 362 O'Brien Potatoes 34 Multigrain Bread 164 Pears 5	23	Na+ Swedish Meatballs 220 Parslied Egg Noodles 4 Summer Blend Vegetables 24 Rye Bread 150 Hermit Cookie 24 D: Maple Waffle Graham 115	24	Na+ Apricot Glazed Chicken 352 Chantilly Potato 238 Green Beans 3 Wheat Bread 160 Fruit Yogurt 75	25	Na+ White Bean & Kale Soup 211 Roast Turkey in Gravy 410 Bread Stuffing 316 Wheat Dinner Roll 105 Tropical Fruit 10	26	Na+ Pork Fried Rice 508 Asian Vegetables 21 Fortune Cookie 6 Multigrain Bread 164 Strawberry Cup 0 D: Raisins 4
Total Sodium(mg): 962 Calories: 600		Total Sodium(mg): 547 Calories: 752		Total Sodium(mg): 878 Calories: 613		Total Sodium(mg): 1177 Calories: 633		Total Sodium(mg): 824 Calories: 833	
29	Na+ Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Wheat Bread 160 Sliced Peaches 5	30	Omelet w/Cheese Sauce 482 Sausage Patty 270 Home Fries 5 Spinach 65 Wheat Dinner Roll 105 Snack N Loaf 115 D: Lorna Doones 100	Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% Milk: 110 Calories, 125mg Sodium		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)		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.	
Total Sodium(mg): 615 Calories: 551		Total Sodium(mg): 1167 Calories: 822							