

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Na+</b>	<b>1</b>	<b>Na+</b>	<b>2</b>	<b>Na+</b>	<b>3</b>	<b>Na+</b>	<b>4</b>	<b>Na+</b>	<b>Na+</b>
<b>Sodium (Na+) is listed in milligrams next to each menu item.</b>		Cream of Broccoli Soup 275		Turkey Tetrizzini 514		Roast Pork w/Apple Gravy 96		Chicken Penne ala Vodka 494	
<b>All Meals include 1% 110 Calories, 125mg Sodium</b>		Gr Chicken w/Apricot Glaze 352		Bowtie Pasta 1		Chantilly Potatoes 238		Riviera Vegetables 140	
		Cous Cous w/Red Pepper 45		Mixed Vegetables 88		Summer Blend Vegetables 24		Wheat Bread 160	
		Wheat Dinner Roll 105		Wheat Bread 160		Multigrain Bread 164		Strawberry Yogurt 75	
		Diced Peaches 5		Fresh Orange 0		Applesauce Fruit Cup 10			
		Total Sodium(mg): 907		Total Sodium (mg): 888		Total Sodium (mg): 657		Total Sodium(mg): 994	
		Calories: 645		Calories: 611		Calories: 651		Calories: 955	
<b>Na+</b>	<b>7</b>	<b>Na+</b>	<b>8</b>	<b>Na+</b>	<b>9</b>	<b>Na+</b>	<b>10</b>	<b>Na+</b>	<b>11</b>
Honey Mustard Chicken 533		Salmon with Newburg Sauce 135		Hawaiian Meatballs 227		Beef Stew 200		Macaroni & Cheese 458	
Orzo & Rice w/Spinach 57		Sweet Potatoes 35		Brown Rice 5		Broccoli 10		Stewed Tomatoes 150	
Brussels Sprouts 12		Spinach 65		Oriental Vegetables 21		Biscuit 340		Multigrain Bread 164	
White Bread 123		Multigrain Bread 165		Wheat Bread 160		Hermit Cookie 24		Fresh Plum 1	
Diced Peaches 5		Blueberry Snack Loaf 160		Applesauce Fruit Cup 10		Diet: Apple Oatmeal Bar 80			
		Diet: Lorna Doones 100							
Total Sodium (mg): 855		Total Sodium(mg): 685		Total Sodium(mg): 548		Total Sodium(mg): 699		Total Sodium (mg): 898	
Calories: 553		Calories: 731		Calories: 651		Calories: 951		Calories: 757	
<b>Na+</b>	<b>14</b>	<b>Na+</b>	<b>15</b>	<b>Na+</b>	<b>16</b>	<b>Na+</b>	<b>17</b>	<b>Na+</b>	<b>18</b>
BBQ Beef Burger 282		<b>SPECIAL</b>		Roast Pork w/RosemaryGravy 156		<b>COLD MEAL</b>		<b>Na+</b>	
Tater Tots 29		*Chicken Cordon Bleu 799		Whipped Potatoes 66		Chef Salad 245		Beef & Pork Meat Pie 297	
Peas & Carrots 72		Red Bliss Potatoes 5		Genoa Blend Vegetables 45		Pasta Salad 231		Mixed Vegetables 88	
Wheat Hamburg Roll 230		Green Beans w/Cranberries 3		Multigrain Bread 164		Dinner Roll 123		Rye Bread 150	
Tropical Fruit Salad 10		Wheat Dinner Roll 105		Chocolate Pudding 156		Fresh Apple 1		Vanilla Yogurt 50	
		Apple Streusel Cake 191		Diet: SF Choc pudding 125					
		Diet: Fig Bar 100							
		<b>HIGH SODIUM</b>							
Total Sodium(mg) 748		Total Sodium (mg): 1228		Total Sodium(mg): 712		Total Sodium (mg): 725		Total Sodium(mg): 710	
Calories: 718		Calories: 804		Calories: 699		Calories: 615		Calories: 795	
<b>Na+</b>	<b>21</b>	<b>Na+</b>	<b>22</b>	<b>Na+</b>	<b>23</b>	<b>Na+</b>	<b>24</b>	<b>Na+</b>	<b>25</b>
Chicken & Rice Casserole 327		Beef Bolognese 223		<b>COLD MEAL</b>		Chicken Brst w/Supr Sauce 376		Potato Pollock 273	
Fresh Squash Blend 3		Rotini Pasta 1		Portguese Kale Soup 281		Bread Stuffing 224		Tartar Sauce 100	
Multigrain Bread 164		Italian Vegetable Blend 41		*Turkey Apple Salad 619		Butternut squash 0		Brown Rice Pilaf 159	
Applesauce Fruit Cup 10		Dinner Roll 132		Macaroni Salad 206		Wheat Bread 160		Vegetable Blend 29	
		Diced Peaches 5		Wheat Roll 105		Chocolate Mousse 280		White Bread 123	
				Blueberry Yogurt 75		Diet Chocolate Mousse 112		Fresh Peach 1	
				<b>HIGH SODIUM</b>					
Total Sodium (mg): 629		Total Sodium(mg): 527		Total Sodium(mg): 1411		Total Sodium(mg): 1165		Total Sodium(mg): 810	
Calories: 567		Calories: 640		Calories: 691		Calories: 659		Calories: 661	
<b>Na+</b>	<b>28</b>	<b>Na+</b>	<b>29</b>	<b>Na+</b>	<b>30</b>	<b>Na+</b>	<b>31</b>		
Sweet & Sour Pork 93		Kielbasa&Cabbage Casserole 364		Meatballs w/ Caccitore Sauce 296		Chunky Tomato Soup 177		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.	
Brown Rice 5		Red Potatoes w/Dill 5		Cavatappi Pasta 1		Broccoli Bake 482			
Oriental Blend Vegetable 21		Rye Bread 150		Cauliflower 16		Homefries 5			
Wheat Bread 160		Raisins 4		Italian Bread 230		Wheat Bread 160			
Cherry Snack Loaf 240				Almond Cookie 181		Mixed Fruit 10			
Diet: AppleCinn Grahams 85				Diet: Lorna Doones 100					
Total Sodium (mg): 644		Total Sodium(mg): 648		Total Sodium(mg): 849		Total Sodium(mg): 959			
Calories: 704		Calories: 636		Calories: 766		Calories: 677			