


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Na+	3	Na+	4	Na+	5	Na+	6	Na+
Shaved Steak	408	Grilled Chicken Marsala	395	Turkey Corn Stew	464	Autumn Harvest Soup	162	*Lasagna Roll w/Marinara	577
Provolone Cheese	248	Cavatappi Pasta	1	Carrots	43	Pork w/Herb Gravy	99	California Blend	22
Peppers & Onions	27	Italian Blend Veg	41	Whole Wheat Bread	170	Bread Stuffing	316	Italian Bread	230
Home Fries	5	Multigrain Bread	164	Fresh Orange	1	Wheat Dinner Roll	105	Fruit Yogurt	75
Mini Sub Roll	218	Diced Pears	5			Pineapple Coconut Cake	338		
Pineapple Chunks	1					D: 1/2 portion cake	169		
Total Sodium (mg): 1032		Total Sodium (mg): 731		Total Sodium (mg): 803		Total Sodium (mg): 1145		Total Sodium (mg): 1029	
Calories: 686		Calories: 556		Calories: 465		Calories: 840		Calories: 658	
9	Na+	10	Na+	11	Na+	12	Na+	13	Na+
Chicken w/Red Pepper Pesto	342	Three C Soup	299	Beef Stew	200	Sweet & Sour Diced Chicken	445	Broccoli Bake	482
Israeli Cous Cous	24	Potato Pollock	273	Mixed Vegetables	88	Vegetable Fried Rice	9	Home Fries	5
Spinach	65	Tartar Sauce	100	Dinner Roll	132	Asian Veg Blend	21	Stewed Tomatoes	150
Multigrain Bread	164	Boiled Red Bliss Potatoes	5	Vanilla Yogurt	50	Multigrain Bread	164	Rye Bread	150
Mixed Fruit	10	Whole Wheat Bread	170			Chocolate Chip Cookie Bar	154	Fresh Fruit	1
		Sliced Peaches	5			D: 1/2 bar	77		
Total Sodium (mg): 730		Total Sodium (mg): 977		Total Sodium (mg): 595		Total Sodium (mg): 918		Total Sodium (mg): 913	
Calories: 549		Calories: 655		Calories: 762		Calories: 982		Calories: 688	
16	Na+	17	Na+	18	Na+	19	Na+	20	Na+
Beef & Lentil Chili	260	 SPECIAL/High Sodium *Corned Beef Hash	874	Mulligatawny Soup	153	Homestyle Drummer	450	Baked Pollock Picatta	135
Brown Rice	5	Braised Cabbage	25	Roast pork w/onion gravy	99	Au gratin potatoes	132	Spinach & Orzo Pilaf	57
California Blend Vegetables	22	Glazed Carrots	81	Mashed Potatoes	66	Green Beans	3	Broccoli	10
Dinner Roll	132	Pumpernickel Bread	155	Multigrain Bread	164	Whole Wheat Bread	170	Multigrain Bread	164
Diced Pears	5	Apple Streusel Cake	191	Fresh Fruit	1	Mandarin Oranges	7	Lorna Doones	100
		D: 1/2 portion cake	96						
Total Sodium (mg): 549		Total Sodium (mg): 1451		Total Sodium (mg): 608		Total Sodium (mg): 887		Total Sodium (mg): 591	
Calories: 644		Calories: 748		Calories: 705		Calories: 682		Calories: 589	
23	Na+	24	Na+	25	Na+	26	Na+	27	Na+
Chicken & Rice Bake	429	Corn Chowder	172	Chicken w/Supreme Sauce	376	Vegetable Barley Soup	257	*Mini Ravioli Primavera	659
Brussels Sprouts	12	Hot Dog	490	Sweet Potatoes	33	Roast Turkey w/Gravy	389	Italian Blend Veg	41
Multigrain Bread	164	Baked Beans	152	Spinach	65	Mashed Potatoes	66	Italian Bread	230
Sliced Peaches	5	Hot dog bun	270	Whole Wheat Bread	170	Whole Wheat Dinner Roll	105	Fresh Fruit	1
		Pineapple Chunks	1	Choc Chip Muffin	190	Carnival Cookie	85		
				D: Lorna Doones	100	D: Grahams	95		
Total Sodium (mg): 735		Total Sodium (mg): 1210		Total Sodium (mg): 959		Total Sodium (mg): 1027		Total Sodium (mg): 1056	
Calories: 538		Calories: 749		Calories: 650		Calories: 601		Calories: 574	
30	Na+	31	Na+	<i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i>		<i>Sodium (Na+) is listed in milligrams next to each menu item.</i>		<i>Meals are based on a No Added Salt Diet (3,000- Higher sodium items are marked with an asterisk* (>500mg)</i>	
Navy Bean Soup	222	Grilled Chicken Cacciatore	426						
Swedish Meatballs	220	Tri color Rotini	1						
White Rice	4	Broccoli	10						
Whole Wheat Bread	170	Italian Bread	230						
Applesauce	14	Blueberry Buckle	360						
		D: 1//2 portion cake	180						
Total Sodium (mg): 755		Total Sodium (mg): 1152							
Calories: 685		Calories: 700							