



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sodium (Na+) is listed in milligrams next to each menu item.		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.				1 Na+ Grilled Chicken Florentine 347 Cheesy Mashed Potatoes 73 Glazed Carrots 81 Wheat Bread 163 Fresh Pear 2	
All Meals include 1% Milk: 110 Calories, 125mg Sodium								Total Sodium(mg): 791 Calories: 626	
4 Na+ Beef Patty w/Onion Gravy 268 Wild Rice 167 Broccoli 10 Wheat Bread 160 Mixed Fruit 10	5 Na+ Beef Bolognese 163 Penne Pasta 1 Italian Blend Vegetables 41 Multigrain Bread 163 Blueberry Yogurt 75	6 Na+ Hot Dog 490 Baked Beans 39 Sliced Carrots 64 Hot Dog Bun 195 Fresh Fruit 1	7 Na+ Chicken Coq au Vin 387 Mashed Potatoes 66 Green Peas 66 Wheat Bread 163 Apple Streusel Cake 191 D: Apple Cinn Grahams 85	8 Na+ Beef Stew 200 Green Beans 2 Multigrain Bread 163 Tropical Fruit 10	Total Sodium(mg): 740 Calories: 515				
11 Na+ *Cheese Omelet 580 Sausage Links 266 Home Fries 5 Wheat Bread 160 Fresh Orange 0	12 Na+ Bok Choy Soup 99 Chicken Teryaki 479 Brown Rice 5 Multigrain Bread 163 Tropical Fruit 10	13 Na+ Steak and Peppers 27 Tater Tots 29 Spinach 109 Sub Roll 218 Fresh Fruit 1	14 Na+ Escarole Soup 52 Grilled Chicken Picatta 401 O'Brien Potatoes 8 Wheat Bread 127 Brownie 165 D: Lorna Doones 100	15 Na+ Roast Pork w/Herb Gravy 156 Sour Cream & Chive Mashed 94 Genoa Blend Vegetables 45 Multigrain Bread 163 Blueberry Yogurt 75	Total Sodium(mg): 1136 Calories: 775				
18 Na+ Minestrone Soup 152 Lasagna w/Meat Sauce 340 Italian Bread 230 Peaches 5	19 Special Na+ Pot Roast w/Gravy 149 Butternut Squash 145 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Blueberry Cobbler 240 Diet: Lorna Doones 100	20 Na+ Pumpkin Bisque 214 Chicken Marsala 395 Rice Pilaf 58 Multigrain Bread 163 Fresh Pear 2	21 Na+ Beef & Lentil Chili 260 Brown Rice 5 Brussels Sprouts 12 Corn Bread 291 Strawberry Yogurt 75	22 Na+ Chicken Cacciatore 150 Bowtie Pasta 1 Summer Blend Vegetable 24 Wheat Bread 160 Blueberry Snack n Loaf 160 D: Lorna Doones 100	Total Sodium(mg): 852 Calories: 548				
25 Christmas Holiday 	26 Na+ Baked Haddock w/Lemon 362 Au Gratin Potatoes 132 Carrots 64 Multigrain Bread 163 Mandarin Oranges 7	27 Na+ Meatball Stroganoff 371 Egg Noodles 4 Broccoli 10 Wheat Bread 160 Cranberry Apple Crisp 5 D: Apple Cinn Grahams 85	28 Na+ Lentil & Kale Soup 352 Roast Pork w/Cran Orange Sce 91 Yams 31 White Bread 123 Applesauce Cup 15	29 Na+ Macaroni & Cheese 478 Stewed Tomatoes 150 Multigrain Bread 163 Raisins 0	Total Sodium(mg): 853 Calories: 704				
No Meals Served								Total Sodium(mg): 916 Calories: 523	