


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><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* (>500mg)</i></p>		<p><i>Sodium (Na+) is listed in milligrams next to each menu item.</i></p> <p><i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i></p>		<p><i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i></p>				<p>1</p> <p>Potato Pollock 273 Tartar Sauce 100 Brown Rice Pilaf 150 Peas 66 Pumpernickel Bread 155 Clementine 1</p> <p>Total Sodium(mg): 870 Calories: 670</p>	
<p>4</p> <p>Chunky Tomato Soup 177 Macaroni and Cheese 488 Multigrain Bread 164 Diced Peaches 5</p> <p>Total Sodium (mg): 959 Calories: 726</p>		<p>5</p> <p>Special</p> <p>Marinated Beef Tips 272 Scalloped Potatoes 125 Brussels Sprouts 12 Whole Wheat Dinner Roll 105 Chocolate Mousse 280 D: SF choc mousse 112</p> <p>Total Sodium(mg): 919 Calories: 722</p>		<p>6</p> <p>Salisbury Steak 201 Mushroom Gravy 85 Whipped Potatoes 66 Green Beans 3 Dinner Roll 132 Strawberry Cup 0 D: Strawberry Yogurt 75</p> <p>Total Sodium(mg): 612 Calories: 705</p>		<p>7</p> <p>Portugese Kale Soup 281 Chicken w/Red Pepper Pesto 342 Wild Rice Pilaf 140 Multigrain Bread 164 Diced Pears 5</p> <p>Total Sodium(mg): 1057 Calories: 573</p>		<p>8</p> <p>Sweet and Sour Meatballs 248 White Rice 90 Broccoli 10 Wheat Bread 160 Fig Bar 100 D: Lorna Doones 100</p> <p>Total Sodium (mg): 733 Calories: 710</p>	
<p>11</p> <p>Mulligatawny Soup 120 Haddock Newburg 364 Yams 31 Wheat Bread 160 Raisins 4</p> <p>Total Sodium (mg): 804 Calories: 634</p>		<p>12</p> <p>Chicken w/Vodka Cream Sauce 459 Cavatappi Pasta 1 Spinach 65 Italian Bread 230 Mixed Fruit 10 5</p> <p>Total Sodium (mg): 890 Calories: 605</p>		<p>13</p> <p>Spinach Lentil Soup 304 Stuffed Cabbage Casserole 301 Rye Bread 150 Vanilla Yogurt 50</p> <p>Total Sodium(mg): 930 Calories: 688</p>		<p>14</p> <p>Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Almond Cookie 181 D: Apple Cinn Grahams 85</p> <p>Total Sodium (mg): 795 Calories: 782</p>		<p>15</p> <p>American Chop Suey 288 Riviera Blend Veg 140 Wheat Bread 160 Applesauce Cup 14</p> <p>Total Sodium(mg): 727 Calories: 653</p>	
<p>18</p> <p>Presidents Day</p>  <p>No Meals Served</p>		<p>19</p> <p>Minestrone Soup 152 Chicken Coq a Vin 387 Garlic Mashed Potatoes 66 Multigrain Bread 164 Diced Pears 5</p> <p>Total Sodium(mg): 747 Calories: 606</p>		<p>20</p> <p>*Turkey Tetrizzini 514 Egg Noodles 4 Broccoli 10 Dinner Roll 132 Lorna Doones 100</p> <p>Total Sodium(mg): 885 Calories: 619</p>		<p>21</p> <p>Pork w/Cran Orange Sauce 84 Mashed Sweet Potatoes 31 Cauliflower 14 Wheat Bread 160 Lemon Cake 215 D: Lemon Grahams 95</p> <p>Total Sodium(mg): 629 Calories: 690</p>		<p>22</p> <p>Chicken and Corn Stew 265 Brussels Sprouts 12 Wheat Dinner Roll 105 Fresh Apple 1</p> <p>Total Sodium(mg): 508 Calories: 462</p>	
<p>25</p> <p>BBQ Chicken Breast 402 Macaroni & Cheese 195 Green Peas 66 Wheat Bread 160 Pineapple 1</p> <p>Total Sodium(mg): 949 Calories: 663</p>		<p>26</p> <p>Breaded Alaskan Pollock 302 Tartar Sauce 100 Wild Rice Pilaf 140 Winter Blend Vegetables 29 Multigrain Bread 164 Spice Cake 245 D: Gingerboy 60</p> <p>Total Sodium (mg): 1105 Calories: 792</p>		<p>27</p> <p>Three C Soup 299 Meatball Cacciatore 316 Penne Pasta 1 Italian Bread 230 Raisins 4</p> <p>Total Sodium(mg): 975 Calories: 681</p>		<p>28</p> <p>Beef Stew 200 Spinach 65 Wheat Dinner Roll 105 Diced Peaches 5</p> <p>Total Sodium(mg): 500 Calories: 639</p>			