


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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)		Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% Milk: 110 Calories, 125mg Sodium				1 Mulligatawny Soup 120 Roast Pork w/Apple Gravy 89 Yams 31 Wheat Bread 160 Applesauce 14 Total Sodium (mg): 539 Calories: 636		2 Chicken Teriyaki 293 Vegetable Fried Rice 332 Oriental Vegetables 21 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6 Total Sodium(mg): 951 Calories: 676	
5 Cream of Broccoli Soup 275 Beef Patty w/Onion Gravy 226 Sour Cream & Chive Mashed 94 Multigrain Bread 164 Diced Peaches 5 Total Sodium (mg): 889 Calories: 766		6 SPECIAL Sage Stuffed Chicken 465 Mashed Sweet Potatoes 35 Cauliflower Gratin 158 Dinner Roll 132 Almond Cookie 181 D: Cinnamon Apples 4 Total Sodium(mg): 1096 Calories: 958		7 Beef Bolognese 223 Penne Pasta 1 Italian Blend Vegetable 41 Italian Bread 230 Vanilla Yogurt 50 Total Sodium(mg): 670 Calories: 662		8 Chunky Tomato Soup 177 Macaroni & Cheese 488 Wheat Bread 160 Diced Pears 5 Total Sodium(mg): 955 Calories: 731		9 Beef Burgundy 159 Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 463 Calories: 666	
12 Escarole Soup 52 Chicken Jambalaya 310 Brown Rice 5 Wheat Bread 160 Applesauce 14 Total Sodium (mg): 666 Calories: 645		13 Roast Pork w/Rosemary Gravy 149 Garlic Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Mixed Fruit 10 Total Sodium (mg): 485 Calories: 616		14 Vegetable Soup 240 Broccoli Bake 482 Home Fries 5 Wheat Bread 160 Fresh Fruit 1 Total Sodium(mg): 1013 Calories: 692		15 Chicken w/Apple Berry Sce 325 Wild Rice Pilaf 279 Brussels Sprouts 12 Multigrain Bread 164 Chocolate Mousse 280 Diet Chocolate Mousse 112 Total Sodium (mg): 1185 Calories: 638		16 Breaded Pollock 273 Tartar Sauce 100 Orzo Pilaf w/Spinach 57 Mixed Vegetables 88 Wheat Bread 160 Snack n Loaf 120 D: Lorna Doones 100 Total Sodium(mg): 923 Calories: 825	
19 President's Day No Meal Delivery 		20 Beef and Lentil Chili 260 Brown Rice 5 Broccoli 10 Italian Bread 230 Diced Pears 5 Total Sodium(mg): 635 Calories: 634		21 Grilled Chicken Florentine 347 Cheesy Mashed Potatoes 73 Glazed Carrots 64 Wheat Bread 160 Gingerbread 314 D: Gingerboy 60 Total Sodium(mg): 1083 Calories: 640		22 Roast Turkey w/ Herb Gravy 410 Stuffing 176 Butternut Squash 0 Multigrain Bread 164 Diced Peaches 5 Total Sodium(mg): 880 Calories: 493		23 *Lasagna w/Marinara Sauce 577 Green Peas 58 Wheat Dinner Roll 105 Fresh Fruit 1 Total Sodium(mg): 866 Calories: 649	
26 Chicken Cacciatore 426 Cavatappi Pasta 1 Riviera Blend 140 Italian Bread 230 Applesauce 14 Total Sodium(mg): 936 Calories: 539		27 Egg Drop Spinach Soup 167 Sweet & Sour Meatballs 228 White Rice 4 Multigrain Bread 164 Mandarin Oranges 7 Total Sodium(mg): 695 Calories: 576		28 Shepherd's Pie 136 Broccoli 10 Pumpernickel Bread 155 Blueberry Snack n Loaf 160 D: Lorna Doones 100 Total Sodium(mg): 586 Calories: 638		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc. 