



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Sodium (Na+) is listed in milligrams next to each menu item.</b></p> <p><b>All Meals include 1% Milk: 110 Calories, 125mg Sodium</b></p>		<p><b>1 New Year's Holiday</b></p> 		<p><b>2</b></p>		<p><b>3</b></p>		<p><b>4</b></p>	
		<p><b>No Meals Served</b></p>		<p>Total Sodium(mg): 1198 Calories: 789</p>		<p>Total Sodium (mg): 925 Calories: 598</p>		<p>Total Sodium(mg): 597 Calories: 753</p>	
<p><b>7</b></p> <p>Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75</p> <p>Total Sodium (mg): 506 Calories: 610</p>		<p><b>8</b></p> <p>Vegetable Soup 115 Chicken Breast Florentine 347 Orzo Pilaf w/Spinach 57 Multigrain Bread 164 Apple Crisp 59 D: Sliced Apples 10</p> <p>Total Sodium(mg): 867 Calories: 633</p>		<p><b>9</b></p> <p>Turkey Corn Stew 464 Genoa Blend Vegetables 45 Biscuit 340 Clementine 1</p> <p>Total Sodium(mg): 975 Calories: 508</p>		<p><b>10</b></p> <p>BBQ Pulled Pork 492 Macaroni and Cheese 195 Succotash 40 Hamburger Roll 230 Pineapple Whip 87</p> <p>Total Sodium(mg): 1169 Calories: 858</p>		<p><b>11</b></p> <p>Swedish Meatballs 220 Parslied Egg Noodles 4 Spinach 35 Italian Bread 230 Raisins 4</p> <p>Total Sodium (mg): 618 Calories: 650</p>	
<p><b>14</b></p> <p>Three C Soup 299 Chicken Teryaki 242 Vegetable Fried Rice 98 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6</p> <p>Total Sodium (mg): 944 Calories: 688</p>		<p><b>15</b></p> <p>Potato Pollock 273 Tartar Sauce 100 Yams 31 Italian Green Beans 3 Wheat Bread 160 Diced Peaches 5</p> <p>Total Sodium (mg): 697 Calories: 674</p>		<p><b>16 Special, High Sodium</b></p> <p>*Chicken Cordon Bleu w/Gravy 785 Garlic Mashed Potatoes 66 Peas &amp; Carrots 72 Wheat Dinner Roll 105 Chocolate Chip Cookie Bar 154 D: Lorna Doones 100</p> <p>Total Sodium(mg): 1307 Calories: 924</p>		<p><b>17</b></p> <p>Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 D: Lemon Grahams 95</p> <p>Total Sodium (mg): 662 Calories: 786</p>		<p><b>18</b></p> <p>Broccoli Bake 482 Roasted Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Gingerboy 60</p> <p>Total Sodium(mg): 986 Calories: 717</p>	
<p><b>21 Martin Luther King Jr. Day</b></p>  <p><b>No Meals Served</b></p>		<p><b>22</b></p> <p>Corn Chowder 172 Chicken Breast Supreme 366 Sweet Potato Coins 190 Wheat Bread 160 Pineapple 1</p> <p>Total Sodium(mg): 1014 Calories: 700</p>		<p><b>23</b></p> <p>Roast Pork w/Apple Gravy 156 Roasted Potatoes 5 Green Beans 3 Wheat Bread 160 Applesauce 0</p> <p>Total Sodium(mg): 449 Calories: 537</p>		<p><b>24</b></p> <p>White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 D: Raisins 4</p> <p>Total Sodium(mg): 688 Calories: 619</p>		<p><b>25</b></p> <p>Meatloaf w/Mushroom Gravy 301 Mashed Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75</p> <p>Total Sodium(mg): 738 Calories: 717</p>	
<p><b>28</b></p> <p>Autumn Harvest Soup 162 Chicken and Rice Bake 429 Wheat Bread 160 Mixed Fruit 10</p> <p>Total Sodium(mg): 886 Calories: 622</p>		<p><b>29</b></p> <p>Lasagna w/Meat Sauce 366 Italian Blend Vegetables 41 Italian Bread 230 Brownie 165 D: Chocolate Grahams 95</p> <p>Total Sodium(mg): 927 Calories: 642</p>		<p><b>30</b></p> <p>Chicken Picatta 401 Quinoa w/Roasted Veggies 195 Multigrain Bread 164 Strawberry Cup 0 D: Applesauce 0</p> <p>Total Sodium(mg): 885 Calories: 720</p>		<p><b>31</b></p> <p>Split Pea Soup 96 Roast Turkey w/Gravy 389 Garlic Mashed Potatoes 66 Wheat Dinner Roll 105 Butterscotch Pudding 230 D: SF Butterscotch 156</p> <p>Total Sodium(mg): 1011 Calories: 695</p>		<p><b>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</b></p>	