



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Happy New Year  No Meal Delivery	2	Na+ Three C's Soup 299 Creamy Pesto Chicken 390 Orzo & Spinach Pilaf 57 Multigrain Bread 164 Fresh Fruit 1	3	Na+ Beef Stew 200 Green Beans 3 Pumpernickel Bread 155 Lemon Cake 215 D: Lemon Grahams 85	4	Na+ White Bean Chicken Chili 314 Brown Rice 5 Corn and Peas 34 Wheat Bread 160 Applesauce Cup 10	5	Na+ Sloppy Joes 259 Home Fries 5 Broccoli 10 Hamburger Roll 230 Strawberry Yogurt 75
Total Sodium(mg): 1036 Calories: 604		Total Sodium(mg): 1036 Calories: 604		Total Sodium(mg): 698 Calories: 617		Total Sodium(mg): 648 Calories: 611		Total Sodium(mg): 704 Calories: 656	
8	Na+ Chicken Penne ala Vodka 494 California Vegetables 22 Italian Bread 230 Raisins 4	9	Na+ Pork and Lentil Stew 248 Brown Rice 5 Cauliflower 16 Rye Bread 150 Escalloped Apples 39 D: Sliced Apples 4	10	Na+ Vegetable Soup 115 Chicken Breast Supreme 366 Red Bliss Potatoes 5 Multigrain Bread 164 Blueberry Yogurt 75	11	Na+ Roast Turkey w/Gravy 389 Garlic Mashed Potatoes 66 Carrots 64 Wheat Dinner Roll 105 Mixed Fruit 10	12	Na+ Breaded Pollock 273 Tarter Sauce 100 Macaroni & Cheese 244 Mixed Vegetables 88 Multigrain Bread 164 Fresh Fruit 1
Total Sodium (mg): 875 Calories: 949		Total Sodium(mg): 583 Calories: 696		Total Sodium(mg): 850 Calories: 560		Total Sodium(mg): 759 Calories: 513		Total Sodium (mg): 995 Calories: 859	
15	Na+ Martin Luther King Jr. Holiday  No Meal Delivery	16	Na+ Chicken & Rice Bake 327 Spinach 65 Dinner Roll 132 Snack n' Loaf 115 D: Gingerboy 60	17	Special Na+ Salmon Boat w/Dill Sauce 276 Wild Rice Pilaf 279 Broccoli au Gratin 158 Pumpernickel Bread 155 Almond Cookie 181 D: Apple Cinnamon Grahams 85	18	Na+ Autumn Harvest Soup 162 Cranberry Orange Chicken 338 Chantilly Potatoes 238 Wheat Bread 160 Pineapple 1	19	Na+ Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Peaches 5
Total Sodium (mg): 764 Calories: 671		Total Sodium(mg): 764 Calories: 671		Total Sodium(mg): 1174 Calories: 835		Total Sodium (mg): 1024 Calories: 649		Total Sodium(mg): 931 Calories: 682	
22	Na+ Minestrone Soup 152 Haddock Newburg 364 Bowtie Pasta 1 Wheat Bread 160 Pears 5	23	Na+ Beef & Cabbage Casserole 301 Carrots 64 Rye Bread 150 Chocolate Pudding 135 D: SF Choc pudding 156	24	Na+ Corn Chowder 172 BBQ Chicken Breast 402 Sweet Potato Coins 35 Multigrain Bread 164 Mandarin Oranges 7	25	Na+ Swedish Meatballs 200 Parslied Noodles 4 Spinach 65 Italian Bread 230 Spice Cake 245 D: Lorna Doones 100	26	Na+ Meatloaf w/Mushroom Gravy 301 Mashed Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Fresh Fruit 1
Total Sodium (mg): 807 Calories: 584		Total Sodium(mg): 775 Calories: 673		Total Sodium(mg): 905 Calories: 669		Total Sodium(mg): 869 Calories: 703		Total Sodium(mg): 664 Calories: 703	
29	Na+ Lasagna w/Meat Sauce 340 Italian Blend Vegetables 41 Italian Bread 230 Vanilla Yogurt 75	30	Na+ Honey Mustard Chicken 533 Au Gratin Potatoes 132 Brussels Sprouts 12 Wheat Bread 160 Brownie 165 D: Chocolate Grahams 85	31	Na+ Turkey Corn Stew 464 Genoa Blend Vegetables 45 Buttermilk Biscuit 340 Fresh Orange 0	Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% Milk: 110 Calories, 125mg Sodium		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)	
Total Sodium (mg): 811 Calories: 548		Total Sodium(mg): 1127 Calories: 782		Total Sodium(mg): 974 Calories: 532		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.			