

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
3		4		5		6		7			
Parmesan Crusted Tilapia 360		Holiday- No Meals Served		Chicken Picatta 401		Special Na+		*Cheesy Omelet 577	Na+		
Rice Pilaf 141				Penne Pasta 1		BBQ Pulled Pork 424		Sausage Links 244			
Carrots 64				Spinach 65		Macaroni & Cheese 244		Roman Blend Vegetables 30		Homefries 3	
Wheat Bread 160				Multigrain Bread 164		Hamburger Bun 230		Hamburger Bun 230		Wheat Bread 160	
Peaches 5				Fresh Fruit 1		Pineapple Whip 87		Pineapple Whip 87		Blueberry Yogurt 75	
Total Sodium(mg): 855						Total Sodium(mg): 757		Total Sodium (mg): 1140		Total Sodium(mg): 1184	
Calories: 673				Calories: 579		Calories: 773		Calories: 784			
10	Na+	11	Na+	12	Na+	13	Na+	14	COLD PLATE Na+		
Chicken Corn Stew 141		Chicken w/Red Pepper Sauce 419		Sloppy Joe 259		Roast Turkey w/Gravy 346		Tuna Salad on Lettuce 328			
Broccoli 10		Baked Beans 39		Tater Tots 29		Mashed potatoes 66		Pasta Salad 153			
Wheat Roll 105		Mexicali Corn 3		Mixed Vegetables 88		California Blend 22		Three Bean Salad 89			
Raisins 4		Multigrain Bread 164		Hamburger Bun 230		Wheat Bread 160		Rye Bread 10			
		Fresh Orange 1		Brownie 165		Butterscotch pudding 230		Applesauce Fruit Cup 10			
				Diet: Chocolate Grahams 95		Diet: SF butterscotch pudding 200					
Total Sodium (mg): 385		Total Sodium(mg): 751		Total Sodium(mg): 896		Total Sodium(mg): 949		Total Sodium (mg): 715			
Calories: 533		Calories: 582		Calories: 837		Calories: 631		Calories: 635			
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+		
Roast Pork w/Gravy 156		*Sweet & Sour Chicken 610		Honey BBQ Pork Rib 410		Chunky Tomato Soup 177		Chicken w/Orange Sauce 323			
Red Bliss Potatoes 5		Brown Rice 10		Au Gratin Potatoes 132		Broccoli Bake 482		White Rice 90			
Genoa Blend Vegetables 45		Broccoli 5		Summer Blend Vegetable 24		Home Fries 5		Green Beans 3			
Italian Bread 230		Wheat Bread 160		White Bread 123		Multigrain Bread 164		Wheat Dinner Roll 105			
Fresh Fruit 1		Oatmeal Cookie 124		Applesauce Fruit Cup 10		Tropical Fruit Salad 10		Blueberry Snack Loaf 115			
		Diet:Apple Cinnamon Grahams 85						Diet: Lemon Grahams 95			
Total Sodium (mg): 562		Total Sodium (mg): 1034		Total Sodium(mg): 824		Total Sodium (mg): 963		Total Sodium(mg): 761			
Calories: 533		Calories: 712		Calories: 644		Calories: 693		Calories: 620			
24	Na+	25	Na+	26	COLD PLATE Na+	27	Na+	28	Na+		
Meatballs w/ Marinara 284		Beef Burgundy 159		*Chicken Caesar Salad 1030		Three C's Soup 299		Meatloaf w/Mushroom Gravy 299			
Cavitappi Pasta 1		Egg Noodles 4		Potato Salad 122		Salmon w/Dill Sauce 133		Tater Tots 29			
Italian Blend Vegetable 41		Brussels Sprouts 12		Wheat Roll 105		Sour Cream & Chive Potatoes 94		Carrots 64			
Italian Bread 230		Wheat Bread 160		Fresh Fruit 1		White Bread 123		Multigrain Bread 164			
Pineapple 1		Spice Cake 245		HIGH SODIUM ENTRÉE		Diced Pears 5		Cherry Snack Loaf 115			
		Diet: Lorna Doones 100						Diet: Apple Grahams 85			
Total Sodium (mg): 681		Total Sodium(mg): 705		Total Sodium(mg): 1383		Total Sodium(mg): 779		Total Sodium(mg): 796			
Calories: 664		Calories: 769		Calories: 693		Calories: 657		Calories: 835			
31				<i>Sodium (Na+) is listed in milligrams next to each menu item.</i>		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		<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>			
Beef and Lentil Chili 260				<i>All Meals include 1% 110 Calories, 125mg Sodium</i>							
Brown Rice 5											
Spinach 65											
Rye Bread 150											
Escaloped Apples 39											
Diet: Apple Slices 4											
Total Sodium(mg): 644											
Calories 695											