

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																																																							
Sodium (Na+) is listed in milligrams next to each menu item.		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		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)		<table border="0"> <tr> <td>1</td> <td>Na+</td> </tr> <tr> <td>Roast Turkey w/Gravy</td> <td>482</td> </tr> <tr> <td>Whipped Potato</td> <td>66</td> </tr> <tr> <td>Green Beans</td> <td>3</td> </tr> <tr> <td>White Bread</td> <td>123</td> </tr> <tr> <td>Vanilla Pudding</td> <td>170</td> </tr> <tr> <td>Diet: SF Vanilla Pudding</td> <td>173</td> </tr> <tr> <td>Total Sodium (mg):</td> <td>969</td> </tr> <tr> <td>Calories:</td> <td>656</td> </tr> </table>		1	Na+	Roast Turkey w/Gravy	482	Whipped Potato	66	Green Beans	3	White Bread	123	Vanilla Pudding	170	Diet: SF Vanilla Pudding	173	Total Sodium (mg):	969	Calories:	656	<table border="0"> <tr> <td>2</td> <td>Na+</td> </tr> <tr> <td>Macaroni and Cheese</td> <td>488</td> </tr> <tr> <td>Stewed Tomatoes</td> <td>150</td> </tr> <tr> <td>Multigrain Bread</td> <td>164</td> </tr> <tr> <td>Raisins</td> <td>5</td> </tr> <tr> <td>Total Sodium(mg):</td> <td>932</td> </tr> <tr> <td>Calories:</td> <td>793</td> </tr> </table>		2	Na+	Macaroni and Cheese	488	Stewed Tomatoes	150	Multigrain Bread	164	Raisins	5	Total Sodium(mg):	932	Calories:	793																																																						
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