

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><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></p>		<p>Sodium (Na+) is listed in milligrams next to each menu item.</p> <p>All Meals include 1% Milk: 110 Calories, 125mg Sodium</p>		<p>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>				<p>1</p> <p>Haddock Newburg 364 Brown Rice Pilaf 150 Spinach 65 Rye Bread 150 Raisins 4</p>	
								<p>Total Sodium(mg): 858 Calories: 574</p>	
4	Na+	5	Na+	6	Na+	7	Na+	8	Na+
Beef & Lentil Chili	260	Swedish Meatballs	200	Broccoli Bake	480	Chicken w/ Apricot Sauce	352	Pork w/ Rosemary Gravy	149
Brown Rice	5	Egg Noodles	4	Home Fries	5	Scalloped Potatoes	25	Mashed Potatoes	66
Green Beans	3	Broccoli	10	Stewed Tomatoes	271	Mixed Vegetables	88	Glazed Carrots	43
Dinner Roll	132	Rye Bread	150	Multigrain Bread	164	Wheat Bread	160	Multigrain Bread	164
Mandarin Oranges	7	Blueberry Buckle	360	Lorna Doones	100	Diced Pears	5	Fresh Fruit	1
		Diet:Apple Cinn Grahams	95						
Total Sodium (mg): 532		Total Sodium(mg): 849		Total Sodium(mg): 1145		Total Sodium(mg): 755		Total Sodium (mg): 548	
Calories: 638		Calories: 736		Calories: 770		Calories: 614		Calories: 623	
11	Na+	12	Na+	13	SPECIAL Na+	14	Cold Meal Na+	15	Na+
Lemon Dill Haddock	362	Beef Bolognese	163	*Chicken Francaise	573	Three C Soup	299	Meatloaf w/Onion Gravy	242
Red Bliss Potatoes	5	Penne Pasta	1	Wild Rice Pilaf	140	Chef Salad	245	Mashed Potatoes	94
Summer Vegetable Blend	24	Genoa Vegetable Blend	45	Broccoli Au Gratin	158	Multigrain Bread	164	Peas and Carrots	72
Wheat Bread	160	Italian Bread	230	Multigrain Bread	164	Applesauce	14	Dinner Roll	132
Diced Pears	5	Fresh Fruit	1	Pineapple Whip	87			Cherry Snack n Loaf	240
								Diet: Gingerboy	60
Total Sodium (mg): 681		Total Sodium (mg): 565		Total Sodium(mg): 1247		Total Sodium (mg): 847		Total Sodium(mg): 905	
Calories: 591		Calories: 659		Calories: 689		Calories: 510		Calories: 868	
18	Na+	19	Na+	20	Cold Meal Na+	21	Na+	22	Na+
BBQ Pork Rib-B-Que	362	Chicken Marsala	395	Escarole Soup	52	Roast Pork w/ Apple Gravy	89	Chicken & Rice Bake	327
Baked Beans	200	Orzo Pilaf w/ Spinach	57	Turkey Apple Salad	353	Yams	31	Broccoli	10
California Blend Vegetables	22	Brussel Sprouts	12	Macaroni Salad	206	Cauliflower	16	Multigrain Bread	164
Hamburger Bun	230	Multigrain Bread	164	1/2 Pita Pocket	161	Wheat Bread	160	Diced Pears	5
Blueberry Yogurt	75	Apple Streusel Cake	191	Fresh Fruit	1	Mixed Fruit	10		
		Diet: Lemon Grahams	95						
Total Sodium (mg): 1014		Total Sodium(mg): 944		Total Sodium(mg): 897		Total Sodium(mg): 431		Total Sodium(mg): 631	
Calories: 647		Calories: 650		Calories: 657		Calories: 595		Calories: 561	
25	Na+	26		27		28		29	
Vegetable Gumbo Soup	50	Potato Pollock	273	Hawaiian Meatballs	227	Marinated Steak Tips	272	Mac & Cheese	488
*Chicken Parmesan	860	Tartar Sauce	100	White Rice	4	Peppers & Onions	27	Stewed Tomatoes	271
Cavitappi Pasta	1	Butternut Squash	0	Oriental Blend	21	Potato Wedges	29	Wheat Bread	160
Dinner Roll	132	Spinach	65	Wheat Bread	160	Sub Roll	218	Vanilla Yogurt	50
Fresh Fruit	1	Multigrain Bread	164	Raisins	4	Almond Cookie	181		
		Diced Peaches	5			Diet: Lorna doones	100		
Total Sodium(mg): 1169		Total Sodium(mg): 732		Total Sodium(mg): 541		Total Sodium(mg): 852		Total Sodium(mg): 1094	
Calories: 816		Calories: 613		Calories: 660		Calories: 896		Calories: 771	