

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
3	Na+	4	Na+	5	Na+	6	High Sodium	Na+	7	Na+
Sweet & Sour Meatballs	248	Shepherd's Pie	136	Grilled Chicken w/Peach Salsa	363	Three C Soup	299	Potato Pollock	273	
White Rice	4	Peas	66	Orzo Pilaf w/Spinach	57	Roast Turkey w/gravy	389	Tartar Sauce	100	
Asian Blend Vegetables	21	Rye Bread	150	Genoa Blend	45	Bread Stuffing	316	Wild Rice Pilaf	140	
Wheat Bread	170	Strawberry Cup	0	Multigrain Bread	164	Wheat Bread	170	Broccoli	10	
Lorna Doones	100	D: Strawberry yogurt	51	Pineapple Whip	87	Applesauce Cup	5	Wheat Dinner Roll	105	
								Fresh Plum	1	
Total Sodium (mg): 668		Total Sodium(mg): 477		Total Sodium(mg): 841		Total Sodium(mg): 1304		Total Sodium(mg): 753		
Calories: 681		Calories: 597		Calories: 678		Calories: 605		Calories: 640		
10	Na+	11	Na+	12	Na+	13	Cold Plate	Na+	14	Na+
Macaroni & Cheese	488	Lasagna roll w/meat sauce	340	Roast Beef w/Gravy	153	Chicken w/Red Pepper Pesto	342	Chicken & White Bean Chili	260	
Stewed Tomatoes	150	Italian Blend Vegetables	41	Garlic Mashed Potatoes	66	Red Potato Salad	96	Brown Rice	5	
Wheat Bread	170	Italian Bread	230	Green Bean Casserole	262	Broccoli Salad	159	California Blend	22	
Diced Peaches	5	Dried Cherries	5	Dinner Roll	132	Multigrain Bread	164	Multigrain Bread	164	
		D: Applesauce Cup	0	Chocolate Cake	410	Fresh Apple	1	Vanilla Yogurt	45	
				D: SF choc pudding	156					
Total Sodium (mg): 938		Total Sodium(mg): 741		Total Sodium(mg): 1148		Total Sodium(mg): 887		Total Sodium (mg): 621		
Calories: 745		Calories: 591		Calories: 805		Calories: 553		Calories: 590		
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+	
Haddock Newburg	364	*Steak & Cheese Pinwheel	550	Vegetable Barley Soup	257	Chicken and Rice Bake	429	Hot dog	490	
Red Bliss Potatoes	4	Potato Wedges	273	Grilled Chicken Breast Teryaki	362	Brussels Sprouts	12	Baked Beans	152	
Spinach	65	Broccoli	10	Vegetable Fried Rice	98	Wheat Bread	170	Carrots	64	
Multigrain Bread	164	Fruit Yogurt	51	Multigrain Bread	164	Chocolate Chip Cookie	160	Hot dog bun	270	
Mixed Fruit	10			Fortune Cookie	6	D: Choc Grahams	69	Pineapple Chunks	1	
				Fresh Orange	0					
Total Sodium (mg): 732		Total Sodium (mg): 1009		Total Sodium(mg): 1012		Total Sodium (mg): 965		Total Sodium(mg): 1102		
Calories: 502		Calories: 671		Calories: 667		Calories: 763		Calories: 661		
24	Na+	25	Na+	26	Cold Plate	Na+	27	Na+	28	Na+
Beef Bolognese	163	Glazed Chicken Drumstick	290	Turkey & Tortellini Salad	430	Corn Chowder	172	Swedish Meatballs	220	
Penne Pasta	1	Cinn.Mashed Sweet Potatoes	2	Beet & Onion Salad	217	BBQ Pulled Pork Sandwich	389	Egg Noodles	4	
Mixed Vegetables	88	Cauliflower	14	Three Bean Salad	89	O'Brien Potatoes	34	Genoa Blend	45	
Italian Bread	230	Multigrain Bread	164	Wheat Dinner Roll	105	Hamburger Bun	230	Rye Bread	150	
Diced Pears	5	Almond Cookie	181	Fig Bar	35	Tropical Fruit	10	Fresh Peach	1	
		D: Lorna Doones	100	D: Grahams	85					
Total Sodium(mg): 612		Total Sodium(mg): 776		Total Sodium(mg): 1001		Total Sodium(mg): 960		Total Sodium(mg): 545		
Calories: 684		Calories: 627		Calories: 946		Calories: 710		Calories: 629		
<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>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)</p>		<p>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>						