


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><i><b>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</b></i></p>		<p><i><b>Sodium (Na+) is listed in milligrams next to each menu item.</b></i></p> <p><i><b>All Meals include 1% Milk (110 Calories, 125mg Na+)</b></i></p>		<p><i><b>Meals are based on a No Added Salt Diet (3,000-4,000mg)</b></i></p> <p><i><b>Higher sodium items are marked with an asterisk* (&gt;500mg)</b></i></p>		<p><b>1</b></p> <p>Sweet &amp; Sour Meatballs 241</p> <p>Brown Rice 4</p> <p>Asian Blend Vegetables 21</p> <p>Multigrain Bread 164</p> <p>Fruit Cup 5</p>		<p><b>2</b></p> <p>Broccoli Bake 475</p> <p>Home Fries 5</p> <p>Stewed Tomatoes 251</p> <p>Pumpnickel Bread 155</p> <p>Fruit Cup 5</p>	
						<p>Total Sodium(mg): 560</p> <p>Calories: 565</p>		<p>Total Sodium(mg): 1016</p> <p>Calories: 659</p>	
<p><b>5</b> <b>Na+</b></p> <p>Chicken and Rice Bake 429</p> <p>Capri Blend Vegetables 15</p> <p>Multigrain Bread 163</p> <p>Fresh Orange 0</p>		<p><b>6</b> <b>Na+</b></p> <p>Cheese Omelet w/Chs Sce 421</p> <p>Pork Sausage Patty 160</p> <p>O'Brien Potatoes 34</p> <p>Spinach 65</p> <p>Whole Wheat Bread 170</p>		<p><b>7</b> <b>Na+</b></p> <p>Grilled Chicken Picatta 324</p> <p>Peas 66</p> <p>Carrots 64</p> <p>Pumpnickel Bread 134</p> <p>Applesauce 0</p>		<p><b>8</b> <b>Na+</b></p> <p>Roast Turkey w/Gravy 349</p> <p>Whipped Sweet Potato 36</p> <p>Brussels Sprouts 12</p> <p>Rye Bread 150</p> <p>Yogurt 75</p>		<p><b>9</b> <b>Na+</b></p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Scalloped Potato 125</p> <p>Green Beans 3</p> <p>Wheat Dinner Roll 105</p> <p>Fruit Cup 5</p>	
<p>Total Sodium (mg): 732</p> <p>Calories: 547</p>		<p>Total Sodium(mg): 975</p> <p>Calories: 791</p>		<p>Total Sodium(mg): 713</p> <p>Calories: 453</p>		<p>Total Sodium(mg): 747</p> <p>Calories: 536</p>		<p>Total Sodium (mg): 736</p> <p>Calories: 709</p>	
<p><b>12</b> <b>Na+</b></p> <p>Macaroni &amp; Cheese 498</p> <p>Stewed Tomatoes 251</p> <p>Multigrain Bread 163</p> <p>Lorna Doones 147</p>		<p><b>13</b> <b>Na+</b></p> <p>Chicken Jambalaya 310</p> <p>Brown Rice 4</p> <p>Mixed Vegetables 88</p> <p>Whole Wheat Bread 170</p> <p>Fruit Cup 5</p>		<p><b>14</b> <b>Na+</b></p> <p>Sloppy Joe 148</p> <p>Potato Wedges 273</p> <p>Brussels Sprouts 12</p> <p>Whole Wheat Bun 230</p> <p>Fresh Pear 1</p>		<p><b>15</b> <b>SPECIAL Na+</b></p> <p>Broccoli Stuffed Chicken 410</p> <p>Yukon Gold Potatoes 4</p> <p>Italian Blend Vegetables 41</p> <p>Wheat Dinner Roll 105</p> <p>Choc Chip Cookie 100</p>		<p><b>16</b> <b>Na+</b></p> <p>Roast Pork w/Gravy 156</p> <p>Bread Stuffing 316</p> <p>Glazed Carrots 64</p> <p>Marbled Rye 127</p> <p>Applesauce 5</p>	
<p>Total Sodium (mg): 1184</p> <p>Calories: 785</p>		<p>Total Sodium (mg): 702</p> <p>Calories: 674</p>		<p>Total Sodium(mg): 789</p> <p>Calories: 689</p>		<p>Total Sodium (mg): 785</p> <p>Calories:</p>		<p>Total Sodium(mg): 793</p> <p>Calories: 613</p>	
<p><b>19</b> <b>HOLIDAY Na+</b></p>  <p><b>NO MEAL DELIVERY</b></p>		<p><b>20</b> <b>Na+</b></p> <p>Baked Pollock Mediterranean 292</p> <p>Red Bliss Potatoes 5</p> <p>Brussels Sprouts 12</p> <p>Wheat Dinner Roll 132</p> <p>Fruit Cup 5</p>		<p><b>21</b> <b>Na+</b></p> <p>*Chicken Parmesan 820</p> <p>Cavatappi Pasta 1</p> <p>Zucchini &amp; Yellow Squash 3</p> <p>Wheat Dinner Roll 105</p> <p>Maple Waffle Grahams 95</p>		<p><b>22</b> <b>Na+</b></p> <p>Chicken Kielbasa 400</p> <p>Peppers and Onions 27</p> <p>Home Fries 5</p> <p>Hot Dog Bun 270</p> <p>Clementine 1</p>		<p><b>23</b> <b>Na+</b></p> <p>Meatloaf w/Onion Gravy 238</p> <p>Whipped Potatoes 66</p> <p>Mixed Vegetables 88</p> <p>Marbled Rye Bread 127</p> <p>Yogurt 75</p>	
<p>Total Sodium (mg):</p> <p>Calories:</p>		<p>Total Sodium(mg): 571</p> <p>Calories: 609</p>		<p>Total Sodium(mg): 1149</p> <p>Calories: 763</p>		<p>Total Sodium(mg): 828</p> <p>Calories: 640</p>		<p>Total Sodium(mg): 719</p> <p>Calories: 715</p>	
<p><b>26</b> <b>Na+</b></p> <p>Lasagna Roll w/Meat Sauce 420</p> <p>Italian Blend Vegetables 41</p> <p>Multigrain Bread 164</p> <p>Fruit Cup 5</p>		<p><b>27</b> <b>Na+</b></p> <p>Breaded Chicken Drumstick 450</p> <p>Chantilly Potatoes 238</p> <p>Capri Blend Vegetables 15</p> <p>Wheat Dinner Roll 105</p> <p>Cookie 105</p>		<p><b>28</b> <b>Na+</b></p> <p>Turkey Corn Stew 464</p> <p>Broccoli 10</p> <p>Corn Bread 90</p> <p>Yogurt 75</p>		<p><b>29</b> <b>Na+</b></p> <p>Teriyaki Pork 267</p> <p>Fried Rice 98</p> <p>Asian Blend Vegetables 21</p> <p>Fortune Cookie 164</p> <p>Pineapple 5</p>		<p><b>30</b> <b>Na+</b></p> <p>Meatballs w/Tom Basil Sce 268</p> <p>Potato Wedges 273</p> <p>Italian Blend Vegetables 41</p> <p>Sub Roll 218</p> <p>Fresh Pear 1</p>	
<p>Total Sodium(mg): 755</p> <p>Calories: 544</p>		<p>Total Sodium(mg): 1038</p> <p>Calories: 913</p>		<p>Total Sodium(mg): 764</p> <p>Calories: 597</p>		<p>Total Sodium(mg): 680</p> <p>Calories: 839</p>		<p>Total Sodium(mg): 926</p> <p>Calories: 664</p>	