




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i></p>		<p>Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% Milk: Total Sodium(mg) also includes 125mg of sodium from milk</p>		<p>Higher sodium items are marked with an asterisk* (>500mg)</p>				<p>¹ </p>	
								No Meal Delivery	
4	Na+	5	SPECIAL Na+	6	Na+	7	Na+	8	Na+
Mini Ravioli	202	Broccoli Stuffed Chicken	410	Diced Pork	73	Chicken and Rice Bake	429	Beef Chili	237
Meat Sauce	50			Sweet and Sour Sauce	46	Spinach	65		
Italian Blend Veg	41	Garlic Mashed Potatoes	66	Green Beans	3			Whipped Potatoes	66
		Carrots	64	Veg Fried Rice	98			Broccoli/Cauliflower	10
Italian Bread	230	Wheat Dinner Roll	105	Rye Bread	150	Wheat Bread	170	Corn Bread	90
Fruit Cup	5	Cookie (for all)	105	Applesauce Cup	5	Fruit Cup	5	Fresh Fruit	1
Total Sodium (mg): 653		Total Sodium(mg): 875		Total Sodium(mg): 500		Total Sodium(mg): 794		Total Sodium (mg): 529	
Calories: 869		Calories: 786		Calories: 667		Calories: 791		Calories: 644	
11	Na+	12	Na+	13	Na+	14	Na+	15	Na+
Chicken Fajita	275	Pork Rib-B-Que	280	Chicken Breast	320	Roast Turkey	330	Broccoli Bake	482
Green/Red Peppers	27			Supreme Sauce	43	Herb Gravy	19	Stewed Tomatoes	150
Corn	1	Potato Wedges	273	Sour cream & chive potato	92	Mashed Squash	0	Roasted Home Fries	5
		Mixed Veg	88	Capri Blend Veg	15	Brussels Sprouts	12		
Flour Tortilla	220	Grinder Roll	218	Wheat Bread	170	Multigrain Bread	164	Wheat Bread	170
Fruited Yogurt	75	Fruit Cup	5	Muffin	95	Fresh Fruit	1	Fruit Cup	5
				Diet: Grahams					
Total Sodium(mg): 723		Total Sodium (mg): 989		Total Sodium(mg): 860		Total Sodium (mg): 651		Total Sodium(mg): 937	
Calories: 530		Calories: 684		Calories: 615		Calories: 1080		Calories: 1080	
18		19	Na+	20	Na+	21	Na+	22	
<p>Holiday No Meals Served</p> 		Chicken & White Bean Chili	260	Potato Pollock	273	Chicken Breast	320	Roast Pork	73
		Brown Rice	5	Tartar Sauce	100	Mediterranean Sauce	197	Rosemary Gravy	83
		Italian Blend Veg	41	Mac and Cheese	195	CousCous w/red peppers	45	Sweet Potatoes	36
				Peas	66	Carrots	64	California Blend veg	22
		Dinner Roll	132	Multigrain Bread	164	Wheat Bread	170	Multigrain Bread	164
		Fruit cup	5	Fruit Cup	5	Fresh Fruit (Orange)	0	Vanilla Yogurt	75
		Total Sodium(mg): 568		Total Sodium(mg): 928		Total Sodium(mg): 921		Total Sodium (mg): 578	
		Calories: 652		Calories: 480		Calories: 521		Calories: 597	
25	Na+	26		27		28		29	
Pollock Loin	94	Cheeseburger	384	Chicken Breast	320	Chicken Meatballs	210	Meatloaf	204
Florentine Sauce	27	O'Brien Potatoes	34	Honey Ginger Glaze	88	Marinara Sauce	94	Onion Gravy	34
Carrots and Peas	72	Broccoli	10	Veg Fried Rice	98	Cavatappi Pasta	1	Red Bliss Potatoes	5
Orzo Spinach pilaf	57			Asian Blend Vegetables	21	Italian Blend Veg	41	Brussels Sprouts	12
Rye Bread	150	Hamburger Bun	230	Wheat Bread	170	Multigrain Bread	164	Wheat Bread	170
Strawberry Cup	4	Fruited Yogurt	75	Fortune Cookie	6	Snack n Loaf	115	Fresh Fruit	1
Diet: Grahams				Fruit Cup	5	Diet: Grahams			
Total Sodium(mg): 529		Total Sodium(mg): 858		Total Sodium(mg): 833		Total Sodium(mg): 750		Total Sodium (mg): 551	
Calories: 655		Calories: 665		Calories: 697		Calories: 893		Calories: 674	