

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults. Higher sodium items are n asterisk*(>500mg) 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. All Meals include 1% Milk: 110 Calories, 125mg Sodium		1	Na+	2	Na+	3	Na+
				Macaroni & Cheese	488	Chicken Jambalaya	249	Breaded Pollock	373
				Stewed Tomatoes	150	Brown Rice	5	Red Bliss Potatoes	5
		Wheat Bread	160	Broccoli	10	Mixed Vegetables	88	White Bread	123
		Fresh Apple	1	Multigrain Bread	164	Chocolate Pudding	135	Diet: SF choc pudding	173
				Total Sodium (mg): 924		Total Sodium (mg): 560		Total Sodium (mg): 849	
				Calories: 771		Calories: 544		Calories: 771	
6	Na+	7	Na+	8	Na+	9	Na+	10	Na+
Beef and Lentil Chili	260	Chicken w/ Red Pepper Pesto	419	Chunky Tomato Soup	177	Pork w/Rosemary Gravy	156	Lasagna w/Marinara Sauce	290
Cavatappi Pasta	1	Cous Cous	45	Chicken and Rice Bake	327	Whipped Potato	66	Genoa Blend Vegetable	45
Italian Green Beans	3	Broccoli Au Gratin	158	Dinner Roll	132	Carrots	64	Wheat Bread	160
Italian Bread	230	Multigrain Bread	164	Snack & Loaf	115	Wheat Bread	160	Fresh Orange	1
Apricots	10	Brownie	165	Diet: Gingerboy	60	Applesauce	15		
		Diet: Choc Grahams	95						
Total Sodium (mg): 629		Total Sodium(mg): 1076		Total Sodium(mg): 876		Total Sodium(mg): 586		Total Sodium (mg): 621	
Calories: 666		Calories: 683		Calories: 670		Calories: 568		Calories: 725	
13	Na+	14	Na+	15	Na+	16	Na+	17	Na+
Turkey Corn Stew	464	BBQ Chicken Breast	402	Special- High Sodium		Three C's Soup	299	Trout w/Lemon Vinaigrette	45
Broccoli	10	Mashed Potatoes	94	*Corned Beef Hash	874	Shepherd's Pie	178	Brown Rice Pilaf	159
Buttermilk Biscuit	340	Brussels Sprouts	12	Braised Cabbage	25	Multigrain Bread	164	California Vegetables	22
Mandarin Oranges	7	Wheat Dinner Roll	105	Carrots	64	Blueberry Yogurt	75	Wheat Bread	160
		Peaches	5	Rye Bread	150			Mixed Fruit	10
				Apple Cherry Crisp	5				
				Diet: Lorna Doones	100				
Total Sodium (mg): 946		Total Sodium (mg): 743		Total Sodium(mg): 1243		Total Sodium (mg): 841		Total Sodium(mg): 521	
Calories: 486		Calories: 536		Calories: 588		Calories: 686		Calories: 648	
20	Na+	21	Na+	22	Na+	23	Na+	24	Na+
Chicken w/Pesto Cream	390	Kale & Lentil Soup	352	Cheeseburger Pasta Bake	282	Egg Drop Spinach Soup	167	Broccoli Bake	482
Tricolor Rotini	1	Roast Pork w/Apple Gravy	96	Green Beans	3	Teriyaki Chicken Meatballs	232	Homefries	5
Italian Blend Vegetable	41	Yams	3	Multigrain Bread	164	Brown Rice	5	Stewed Tomatoes	150
Wheat Dinner Roll	105	White Bread	123	Fresh Orange	1	Wheat Bread	160	Italian Bread	230
Diced Pears	5	Chocolate Chip Cookie	160			Fortune Cookie	6	Pineapple	1
		Diet: Choc Grahams	95			Tropical Fruit	10		
Total Sodium(mg): 667		Total Sodium(mg): 859		Total Sodium(mg): 575		Total Sodium(mg): 705		Total Sodium(mg): 992	
Calories: 530		Calories: 888		Calories: 666		Calories: 671		Calories: 700	
27	Na+	28	Na+	29	Na+	30	Na+	31	Na+
Vegetable Soup	115	*Turkey w/ Herb Gravy	515	Minestrone Soup	152	Salisbury Steak w/Gravy	286	Haddock Newburg	364
Sloppy Joes	259	Stuffing	176	Chicken Piccata	401	Chantilly Potatoes	238	Bowtie Pasta	1
Homefries	5	Winter Blend Vegetables	29	Orzo & Rice Pilaf w/Spinach	159	Spinach	65	Mixed Vegetables	88
Hamburger Bun	230	Wheat Bread	160	Italian Bread	230	White Bread	123	Multigrain Bread	164
Vanilla Yogurt	75	Fresh Pear	1	Applesauce	15	Apple Streusel Cake	191	Fresh Fruit	1
						Diet: Sliced Apples	4		
Total Sodium(mg): 809		Total Sodium(mg): 1006		Total Sodium(mg): 1082		Total Sodium(mg): 1028		Total Sodium(mg): 743	
Calories: 676		Calories: 618		Calories: 571		Calories: 780		Calories: 620	

