


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 marked with an 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.		1		2	
		All Meals include 1% Milk: 110 Calories, 125mg Sodium				Na+		Na+	
						Split Pea Soup 96		Haddock Newburg 364	
						BBQ Pork Rib 492		Cous Cous 24	
						Mashed Potatoes 66		Spinach 65	
						Dinner Roll 132		Wheat Bread 160	
						Cranberry Cake 215		Fresh Fruit 1	
						D: Apple Cinnamon Grahams 85			
						Total Sodium (mg): 1126		Total Sodium(mg): 739	
						Calories: 760		Calories: 566	
5		6		7		8		9	
Na+		Na+		Na+		Na+		Na+	
White Bean & Kale Soup 211		Roast Turkey w/Gravy 410		Cheesy Cauliflower Soup 319		Meatloaf w/Gravy 284		Broccoli Bake 482	
American Chop Suey 288		Sweet Potatoes 35		Chicken w/Red Pepper Sce 419		Chantilly Potatoes 238		Home Fries 5	
Italian Bread 230		Broccoli 10		Brown Rice 5		Green Beans 3		Stewed Tomatoes 150	
Mixed Fruit 10		Wheat Bread 160		Multigrain Bread 164		Dinner Roll 132		Wheat Bread 160	
		Blueberry Buckle 368		Strawberry Yogurt 75		Mandarin Oranges 7		Fresh Fruit 1	
		Diet: Lemon Grahams 95							
Total Sodium (mg): 864		Total Sodium(mg): 1108		Total Sodium(mg): 1106		Total Sodium(mg): 791		Total Sodium (mg): 923	
Calories: 710		Calories: 713		Calories: 710		Calories: 707		Calories: 708	
12		13		14		15		16	
Na+		Na+		HIGH SODIUM ENTREE Na+		Na+		Na+	
Turkey Corn Stew 464		Chicken Picatta 401		*Corned Beef Hash 874		Butternut Bisque 149		Breaded Pollock 273	
Winter Vegetable Blend 29		Tri-color Rotini 1		Braised Cabbage 25		Roast Pork w/Gravy 149		Tartar Sauce 100	
Whole Wheat Roll 105		Genoa Blend Vegetable 45		Carrots 64		Red Bliss Potatoes 1		Macaroni & Cheese 244	
Diced Peaches 5		Italian Bread 230		* SPECIAL * Rye Bread 150		Whole Wheat Bread 160		Mixed Vegetables 88	
		Fresh Fruit 1		 Sugar Cookie 181		Sliced Apples 0		Multigrain Bread 164	
				Diet: Gingerboy 60				Blueberry Yogurt 75	
Total Sodium (mg): 728		Total Sodium (mg): 803		Total Sodium(mg): 1419		Total Sodium (mg): 584		Total Sodium(mg): 1069	
Calories: 437		Calories: 583		Calories: 796		Calories: 499		Calories: 872	
19		20		21		22		23	
Na+		Na+		Na+		Na+		Na+	
Honey Ginger Chicken 393		Gypsy Soup 272		Chicken & Rice Bake 327		Beef Stew 200		*Vegetable Lasagna 705	
Vegetable Fried Rice 98		Swedish Meatballs 246		Broccoli 10		Green Beans 3		Italian Blend Vegetable 41	
Oriental Style Vegetables 21		Egg Noodles 4		Wheat Bread 160		Buttermilk Biscuit 340		Italian Bread 230	
Wheat Bread 160		Multigrain Bread 164		Fruit Crunch Bar 80		Tropical Fruit Cup 10		Fresh Fruit 1	
Fortune Cookie 6		Pear Crisp 53		Diet: Lorna Doones 100					
Pineapple 1		Diet: Chocolate Grahams 95							
Total Sodium (mg): 805		Total Sodium(mg): 864		Total Sodium(mg): 702		Total Sodium(mg): 678		Total Sodium(mg): 1102	
Calories: 714		Calories: 740		Calories: 782		Calories: 719		Calories: 640	
26		27		28		29		30	
Na+		Na+		Na+		Na+		Na+	
Corn Chowder 172		White Bean Chicken Chili 314		Cran-Orange Roast Pork 84		Potato Leek Soup 131		Lemon Dill Haddock 362	
BBQ Beef Burger 282		Brown Rice 5		Yams 31		Beef & Cabbage Casserole 301		Orzo w/Spinach 57	
Baked Beans 39		Riviera Blend Vegetables 140		Brussels Sprouts 12		Rye Bread 150		California Vegetables 22	
Hamburg Roll 230		Corn Bread 291		Wheat Bread 160		Peaches 5		Multigrain Bread 164	
Fresh Orange 0		Chocolate Pudding 135		Applesauce 0				Berry Snack Loaf 160	
		Diet: SF Choc pudding 156						Diet: Gingerboy 60	
Total Sodium(mg): 848		Total Sodium(mg): 1010		Total Sodium(mg): 412		Total Sodium(mg): 713		Total Sodium(mg): 890	
Calories: 795		Calories: 790		Calories: 614		Calories: 713		Calories: 729	