


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Na+	2	Na+	3	Na+	4	Na+	5	Na+
Haddock Newburg	364	American Chop Suey	288	Chicken Piccata	401	Sweet & Sour Meatballs	228	Corn Chowder	172
Orzo Pilaf w/Spinach	57	Mixed Vegetables	88	Garlic Mashed Potatoes	66	Brown Rice	5	BBQ Turkey Burger	402
California Veg Blend	22	Italian Bread	230	Italian Green Beans	3	Oriental Vegetables	21	Succotash	40
Wheat Bread	160	Snack n Loaf	115	Multigrain Bread	164	Wheat Bread	160	Hamburg Roll	230
Mixed Fruit	10	Diet: Gingerboy	60	Choc Chip Cookie	160	Pineapple	1	Fresh Orange	0
				Diet:Choc Grahams	95				
Total Sodium(mg): 738		Total Sodium(mg): 846		Total Sodium (mg): 919		Total Sodium (mg): 540		Total Sodium(mg): 969	
Calories: 542		Calories: 726		Calories: 819		Calories: 627		Calories: 696	
8	Na+	9	High Sodium Na+	10	Na+	11	Special Na+	12	Na+
Beef & Cabbage Casserole	301	Cheesy Cauliflower Soup	319	Roast Pork w/Gravy	156	*Sage Stuffed Chicken Breast	513	Lasagna w/Meat Sauce	481
Carrots	64	*Turkey Apple Salad	619	Chantilly Potatoes	238	Rice Pilaf	141	Italian Blend Vegetables	5
Rye Bread	150	Pasta Salad	69	Green Beans	3	Broccoli Au Gratin	158	Italian Bread	230
Strawberry Yogurt	75	Wheat Dinner Roll	105	Multigrain Bread	164	Whole Wheat Bread	160	Fresh Fruit	1
		Diced Pears	5	Applesauce	15	Strawberry Apple Crisp	9		
		Cold Plate				D: Apple Grahams	85		
Total Sodium (mg): 715		Total Sodium(mg): 1242		Total Sodium(mg): 701		Total Sodium(mg): 1106		Total Sodium (mg): 842	
Calories: 613		Calories: 722		Calories: 586		Calories: 780		Calories: 535	
15	Na+	16	Na+	17	Na+	18	Na+	19	Na+
Chicken Coq Au Vin	387	Potato Pollock	273	Chicken Penne ala Vodka	346	Chunky Tomato Soup	177	Beef Stew	200
Red Potatoes	5	Tartar Sauce	100	California Vegetables	22	Broccoli Bake	482	Brussels Sprouts	12
Mixed Vegetables	88	Mashed Potatoes	94	Italian Bread	230	Home Fries	5	Biscuit	340
Wheat Bread	160	Peas & Carrots	72	Fresh Pear	1	Wheat Bread	160	Blueberry Yogurt	75
Diced Peaches	5	Multigrain Bread	164			Mixed Fruit	10		
		Pineapple Whip	87						
Total Sodium (mg): 770		Total Sodium (mg): 828		Total Sodium(mg): 724		Total Sodium (mg): 959		Total Sodium(mg): 752	
Calories: 580		Calories: 792		Calories: 978		Calories: 677		Calories: 726	
22	Na+	23	Na+	24	Na+	25	Cold Plate Na+	26	Na+
Shepherd's Pie	178	Roast Pork w/Apple Gravy	96	Vegetable Gumbo Soup	50	*Cranberry Chicken Salad	554	Meatballs w/Mushroom Gravy	319
Genoa Blend Vegetables	45	Sweet Potatoes	35	BBQ Chicken Breast	402	Macaroni Salad	206	Egg Noodles	4
Multigrain Bread	164	Creamed Spinach	60	Baked Beans	39	Three Bean Salad	174	Peas & Carrots	72
Snack n Loaf	115	White Bread	123	Wheat Bread	160	Wheat Dinner Roll	105	Wheat Bread	160
D: Lorna Doones	100	Sliced Apples	4	Brownie	149	Pineapple	1	Tropical Fruit	10
				D: Choc Grahams	95				
Total Sodium (mg): 627		Total Sodium(mg): 443		Total Sodium(mg): 925		Total Sodium(mg): 1165		Total Sodium(mg): 690	
Calories: 744		Calories: 584		Calories: 750		Calories: 651		Calories: 688	
29		30	Na+	31		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.	
 No Meals Served		Grilled Chicken Teryaki	362	Beef Chili	237				
				Brown Rice	5	Cornbread	291		
		Broccoli	10	Mixed Vegetables	88				
		Wheat Bread	160	Fresh Fruit	1				
		Mandarin Oranges	7						
		Total Sodium (mg): 669		Total Sodium(mg): 742					
		Calories: 532		Calories: 600					