


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)		1		2		3	Na+	4	Na+																	
		Minestrone Soup 152	Lasagna w/Meat Sauce 420	Italian Bread 230	Tropical Fruit 10	Chicken Coq Au Vin 387	Whipped Potato 66	Genoa Blend Vegetable 45	Multigrain Bread 164	Brownie 165	D: Lorna Doones 100	Sweet & Sour Meatballs 248	Brown Rice 5	Oriental Blend Vegetable 21	Wheat Bread 160	Mixed Fruit 10	Sloppy Joe 259	Tater Tots 29	Carrots 64	Whole Wheat Bun 230	Fresh Orange 0					
		Total Sodium(mg): 937	Calories: 568	Total Sodium(mg): 952	Calories: 690	Total Sodium(mg): 569	Calories: 619	Total Sodium(mg): 707	Calories: 686																	
7	Na+	8	Na+	9	Cold Plate	Na+	10	SPECIAL	Na+	11	Na+															
Chicken and Corn Stew 265	Green Beans 3	Cornbread 372	Pineapple 1	Chicken Piccata 401	Rosemary Roasted Potato 5	Genoa Blend Vegetable 45	Italian Bread 230	Fresh Fruit 1	Tomato Rice Soup 325	Egg Salad 243	Pasta w/Red Peppers 231	Rye Bread 150	Raisins 4	*Veal Parmesan 640	Penne Pasta 1	Italian Blend Vegetable 41	Dinner Roll 132	Cream Puff 105	D: SF Vanilla Pudding 173	Beef & Pork Pie 297	Spinach 65	Multigrain Bread 164	Fruit Crunch Bar 80	D: Lemon Grahams 95		
		Total Sodium(mg): 766	Calories: 608	Total Sodium(mg): 807	Calories: 560	Total Sodium(mg): 1078	Calories: 675	Total Sodium(mg): 1044	Calories: 931	Total Sodium(mg): 731	Calories: 945															
14	Na+	15	Na+	16	Na+	17	Na+	18	Na+																	
Chicken Cacciatore 426	Cavatappi Pasta 1	Italian Blend Vegetable 41	Italian Bread 230	Mixed Fruit 10	Potato Pollock 273	Tartar Sauce 100	Mashed Potatoes 66	Peas 66	Multigrain Bread 164	Pears 5	Chicken Teriyaki 242	Brown Rice 5	Oriental Blend Vegetables 21	Dinner Roll 132	Fresh Orange 0	Fortune Cookie 6	Beef Stew 200	Brussels Sprouts 12	Biscuit 340	Blueberry Buckle 360	D: Lemon Grahams 95	Broccoli Bake 482	Home Fries 5	Stewed Tomatoes 150	Wheat Bread 160	Strawberry Yogurt 75
		Total Sodium(mg): 833	Calories: 546	Total Sodium(mg): 799	Calories: 731	Total Sodium(mg): 531	Calories: 579	Total Sodium(mg): 1037	Calories: 864	Total Sodium(mg): 997	Calories: 721															
21	Na+	22	Na+	23	Na+	24	Cold Plate	Na+	25	Na+																
Beef and Lentil Chili 237	Mixed Vegetables 88	Wheat Bread 160	Applesauce 14	*Honey Mustard Chicken 533	Couscous w/Red peppers 45	Italian Green Beans 3	Italian Bread 230	Hermit Cookie 24	D: chocolate grahams 85	Cran-orange Roast Pork 91	Sweet Potatoes 35	Creamed Spinach 55	Wheat Bread 160	Fresh Fruit 1	White Bean Kale Soup 211	Cranberry Chicken Salad 323	New Macaroni Salad 206	Wheat Dinner Roll 132	Pineapple Chunks 1	Meatloaf w/Onion Gravy 242	Garlic Mashed Potatoes 66	Green Beans 3	Multigrain Bread 164	Snack n Loaf 115	D: Lorna Doones 100	
		Total Sodium(mg): 624	Calories: 546	Total Sodium(mg): 960	Calories: 746	Total Sodium(mg): 467	Calories: 720	Total Sodium(mg): 998	Calories: 722	Total Sodium(mg): 715	Calories: 790															
28	Memorial Day Holiday	29		30		31		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.																		
 No Meals Served		Corn Chowder 172	BBQ Pork Rib 492	Yukon Gold Potatoes 5	Hamburger Roll 230	Fresh Orange 0	Chicken w/Supreme Sauce 366				Chantilly Potatoes 238	Glazed Carrots 64	Multigrain Bread 164	Snack n Loaf 115	D: Cinnamon Grahams 85	Roast Turkey w/Gravy 389	Stuffing 176	Broccoli 10	Italian Bread 230	Chocolate Chip Cookie 160	D: Chocolate Grahams 85					
				Total Sodium(mg): 1024	Calories: 681	Total Sodium(mg): 1072	Calories: 685	Total Sodium(mg): 1090	Calories: 735																	