


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% Milk: 110 Calories, 125mg Sodium		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		1 Butternut Bisque 149 French Meat Pie w/ Gravy 297 Wheat Dinner Roll 105 Clementine 1		2 Chicken Breast Picatta 324 Whipped Potato 66 Cauliflower Supreme 14 Multigrain Bread 164 Blueberry Buckle 360 D: Cinn Grahams 95		3 Roast Pork w/Apple Gravy Sweet Potatoes Green Beans Marble Rye Applesauce Cup	
				Total Sodium(mg): 677 Calories: 755		Total Sodium(mg): 1053 Calories: 697		Total Sodium(mg): Calories:	
6 Na+ Lemon Dill Baked Haddock 362 Chantilly Potato 238 Carrots 64 Wheat Bread 160 Lemon Pudding 200 D: SF Lemon Pudding 150		7 Na+ BBQ Beef Burger 139 Tater Tots 29 Mexicali Corn 6 Hamburger Bun 230 Mandarin Oranges 7		8 COLD PLATE Na+ * Chicken Caesar Salad 750 Cous Cous w/Carrots 24 Pumpnickel Bread 155 Strawberry Cup 0 D: Grahams 95		9 SPECIAL Na+ Breaded Chicken Francaise 592 Garlic Mashed Potatoes 66 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Strawberry Rhubarb Crisp 7 D: Strawberry Yogurt 75		10 Beef and Lentil Chili Brown Rice Genoa Blend Vegetables Multigrain Bread Raisins	
Total Sodium (mg): 1149 Calories: 752		Total Sodium(mg): 536 Calories: 738		Total Sodium(mg): 1054 Calories: 689		Total Sodium(mg): 1053 Calories: 683		Total Sodium (mg): Calories:	
13 Na+ BBQ Pulled Pork 389 Macaroni & Cheese 195 Summer Vegetable Blend 24 Hamburger Bun 230 Cinnamon Sliced Apples 10		14 Na+ Chicken Breast Supreme 366 Wild Rice Pilaf 140 Broccoli 10 Wheat Bread 160 Diced Peaches 5		15 Na+ Turkey & Corn Stew 464 Spinach 65 Biscuit 340 Sugar Cookie 181 D: Grahams 95		16 Na+ Mulligatawny Soup 153 Salisbury Steak w/onion gravy 237 Mashed Potatoes 66 Multigrain Bread 164 Mixed Fruit 10		17 Meatballs w/Tomato Basil Sce Tri-color Rotini Broccoli Italian Bread Snack n Loaf D: Lorna Doones	
Total Sodium (mg): 973 Calories: 643		Total Sodium (mg): 806 Calories: 674		Total Sodium(mg): 1175 Calories: 711		Total Sodium (mg): 755 Calories: 764		Total Sodium(mg): Calories:	
20 Na+ *Honey Mustard Chicken Brst 533 Sweet Potato Coins 190 Peas & Carrots 72 Multigrain Bread 164 Pineapple Chunks 1		21 Na+ Potato Pollock 273 Tartar Sauce 100 O'Brien Potatoes 34 Italian Green Beans 3 Rye Bread 150 Lemon Cake 215 D: Lemon Grahams 95		22 Na+ Vegetable Soup 115 Diced Chicken Teryaki 242 Brown Rice 5 Wheat Bread 160 Fortune Cookie 6 Clementine 1		23 Na+ Beef Stew 200 Brussels Sprouts 12 Pumpnickel Bread 155 Diced Pears 5		24 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Fruit Yogurt	
Total Sodium(mg): 1085 Calories: 619		Total Sodium(mg): 900 Calories: 739		Total Sodium(mg): 654 Calories: 601		Total Sodium(mg): 497 Calories: 649		Total Sodium(mg): Calories:	
27 Memorial Day Holiday  No Meals Served		28 Na+ Chicken Drumstick 450 Baked Beans 152 Summer Vegetable Blend 24 Wheat Bread 170 Strawberry Cup 0 D: SF banana pudding 135		29 Na+ Pork & Pepper Pasta 122 Broccoli 10 Multigrain Bread 164 Fig Bar 100 D: Cinnamon Grahams 95		30 COLD PLATE/High Na+ Na+ White Bean & Kale Soup 323 Cranberry Chicken Salad 323 New Macaroni Salad 206 Wheat Dinner Roll 105 Chocolate Brownie 149 D: Vanilla Yogurt 75		31 Sloppy Joe Potato Wedges Spinach Hamburger Bun Fresh Apple	
		Total Sodium(mg): 921 Calories: 648		Total Sodium(mg): 616 Calories: 742		Total Sodium(mg): 1231 Calories: 788		Total Sodium(mg): Calories:	

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