



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Sodium (Na+) is listed in milligrams next to each menu item.</p> <p>All Meals include 1% Milk: 10 Calories, 125mg Sodium</p>		<p>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)</p>		<p>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>		<p>1 Na+ White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Diced Peaches 5</p>		<p>2 Na+ Beef & Pork Meat Pie 297 Spinach 65 Rye Bread 150 Fresh Fruit 1</p>	
						Total Sodium (mg): 569		Total Sodium(mg): 638	
						Calories: 545		Calories: 726	
5 Na+		6 Na+		7 Na+		8 Na+		9 Na+	
Gypsy Soup 272		Beef Stew 200		Autumn Harvest Soup 162		Meatloaf w/ Jardiniere Gravy 284		Potato Pollock 273	
Hawaiian Meatballs 247		Riviera Vegetable Blend 140		Chicken Picatta 401		Yukon Gold Potatoes 5		Tartar Sauce 100	
White Rice 90		Biscuit 340		Orzo Pilaf with Spinach 57		Brussels Sprouts 12		Macaroni & Cheese 195	
Wheat Bread 160		Cranberry Apple Crisp 56		Multigrain Bread 164		Dinner Roll 132		Winter Vegetable Blend 29	
Fortune Cookie 6		D: Apple Cinnamon Grahams 85		Fresh Orange 0		Mixed Fruit 10		Wheat Bread 160	
Pineapple Chunks 1								Fudge Brownie 165	
								Diet: Chocolate Grahams 95	
Total Sodium (mg): 901		Total Sodium(mg): 861		Total Sodium(mg): 908		Total Sodium(mg): 568		Total Sodium(mg): 1046	
Calories: 738		Calories: 780		Calories: 586		Calories: 648		Calories: 845	
12		13 Na+		14 Special/High Na+ Na+		15 Na+		16 Na+	
VETERAN'S DAY HOLIDAY		Potato Leek Soup 131		Roast Turkey w/Herb Gravy 389		Broccoli Bake 482		Pork w/Cran-Orange Sauce 91	
		Beef & Cabbage Casserole 301		Mashed Potatoes 66		Red Bliss Potatoes 5		Cinnamon Sweet Potatoes 31	
NO MEALS SERVED		Rye Bread 150		Bread Stuffing 158		Stewed Tomatoes 150		Green Beans 3	
		Diced Pears 5		Butternut Squash 0		Multigrain Bread 164		Wheat Bread 160	
				Wheat Dinner Roll 105		Fig Bar 100		Applesauce Cup 0	
				Pumpkin Pie 430		Diet: Lorna Doones 100			
				Diet: Pumpkin Pudding 173					
		Total Sodium (mg): 713		Total Sodium(mg): 1273		Total Sodium (mg): 1020		Total Sodium(mg): 410	
		Calories: 713		Calories: 905		Calories: 679		Calories: 597	
19 Na+		20 Na+		21 Na+		22		23	
Chicken Coq Au Vin 387		Haddock Newburg 364		Meatball Marinara 304		THANKSGIVING DAY		NO MEALS SERVED	
Garlic Mashed Potatoes 66		Brown Rice Pilaf 150		Penne Pasta 1					
Creamed Spinach 55		California Vegetable Blend 22		Italian Veg Blend 41		NO MEALS SERVED			
Multigrain Bread 164		Wheat Dinner Roll 105		Italian Bread 230					
Sliced Peaches 5		Hermit Cookie 24		Fresh Fruit 1					
		D: Gingerboy 95							
Total Sodium (mg): 802		Total Sodium(mg): 790		Total Sodium(mg): 702					
Calories: 602		Calories: 666		Calories: 672					
26 Na+		27		28		29		30	
Beef & Lentil Chili 260		Roast Pork w/ Apple Gravy 156		Chicken Chow Mein 258		Breaded Chicken Leg 450		Turkey Corn Stew 464	
Brown Rice 5		Rosemary Roasted Potatoes 5		Chinese Chow Mein Noodles 166		Baked Beans 152		Brussels Sprouts 12	
Mexicali Corn 6		Broccoli 10		Vegetable Fried Rice 98		Mixed Vegetables 88		Wheat Bread 160	
Cornbread 291		Multigrain Bread 164		Oriental Vegetables 21		Multigrain Bread 164		Blueberry Yogurt 75	
Strawberry Cup 0		Chocolate Pudding 135		Fortune Cookie 6		Raisins 4			
Diet: Applesauce 0		Diet: SF Chocolate Pudding 156		Fresh Orange 0					
Total Sodium(mg): 687		Total Sodium(mg): 595		Total Sodium(mg): 674		Total Sodium(mg): 983		Total Sodium(mg): 835	
Calories: 821		Calories: 629		Calories: 693		Calories: 728		Calories: 514	