



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Na+		Na+		1 Na+		2 Na+		3 Na+	
<i>Sodium (Na+) is listed in milligrams next to each menu item.</i>		<i>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)</i>		Sweet & Sour Pork 253 Vegetable Fried Rice 220 Oriental Blend 21 Wheat Roll 105 Fortune Cookie 6 Mandarin Oranges 7 Total Sodium(mg): 737 Calories: 612		Meatball Marinara 284 Penne Pasta 1 Green Beans 3 Italian Bread 199 Vanilla Pudding 170 Diet: SF pudding 125 Total Sodium (mg): 782 Calories: 866		Breaded Pollock 273 Brown Rice 5 Broccoli 10 Wheat Bread 150 Fig Bar 160 Diet: Lorna Doones 100 Total Sodium(mg): 723 Calories: 647	
<i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i>									
6 Na+		7 Na+		8 Na+		9 Na+		10 Na+	
Macaroni & Cheese 498 Stewed Tomatoes 150 Pumpnickel Bread 127 Mixed Fruit 20 Total Sodium (mg): 920 Calories: 761		Chicken Picatta 401 Bowtie Pasta 1 Corn Niblets 1 Marble Rye Bread 127 Tropical Fruit 10 Total Sodium(mg): 665 Calories: 712		Beef Patty w/Onion Gravy 226 Garlic Mashed Potatoes 176 Carrots 53 Wheat Bread 150 Strawberry Yogurt 75 Total Sodium(mg): 805 Calories: 665		Chicken a la King 547 Brown Rice 5 Winter Blend 29 Biscuit 340 Fresh Fruit 1 Total Sodium(mg): 1046 Calories: 865		Veteran's Day observance  No meals served	
13 Na+		14 Na+		15 Na+		16 Na+		17 Na+	
Beef Stew 186 Green Beans 2 Marble Rye Bread 127 Pineapple 1 Total Sodium(mg) 441 Calories: 678		*Roast Turkey w/gravy 533 Mashed Potatoes 66 Stuffing 112 Butternut Squash 77 Dinner Roll 105 Cranberry Sauce 0 Vanilla Mousse 150 Total Sodium (mg): 1168 Calories: 1066		Chicken Milano 396 Yukon Gold Potatoes 5 Mixed Vegetables 30 Wheat Bread 150 Fruited Ambrosia 33 Total Sodium(mg): 739 Calories: 566		Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Pumpnickel Bread 127 Fresh Fruit 1 Total Sodium (mg): 890 Calories: 730		BBQ Pork Rib 280 Brown Rice 5 Peas and Carrots 72 Hamburger Roll 230 Raisins 4 Total Sodium(mg): 716 Calories: 715	
20 Na+		21 Na+		22 Na+		23 Na+		24 Na+	
Chicken Sausage Jambalaya 249 Rice Pilaf 65 Green Peas 66 Wheat Bread 150 Mandarin Oranges 7 Total Sodium (mg): 662 Calories: 683		*Fish Victor 640 Sour Cream & Chive Potatoes 106 Corn Niblets 1 Wheat Roll 105 Peaches 5 Total Sodium(mg): 982 Calories: 738		Swedish Meatballs 200 Egg Noodles 1 Scandinavian Vegetables 30 Italian Bread 230 Fresh Fruit 1 Total Sodium(mg): 587 Calories: 712		Thanksgiving Holiday  No Meals Served		Day after Thanksgiving No Meals Served	
27 Na+		28 Na+		29 Na+		30 Na+			
Roast Pork w/Gravy 158 Mashed Sweet Potatoes 76 Winter Mix Vegetables 29 Wheat Bread 150 Cherry Snack n Loaf 115 Diet: Grahams 85 Total Sodium (mg): 653 Calories: 699		Chicken Fajitas 97 Spanish Rice 49 Black Beans & Corn 293 Pita Bread 68 Pineapple 10 Total Sodium(mg): 642 Calories: 754		High Sodium *Baked Ham Hawaiian 1055 Red Potatoes 5 Cauliflower 16 Wheat Roll 105 Applesauce Cup 10 Total Sodium(mg): 1316 Calories: 822		Salmon Boat wDill Sauce 291 Garlic Mashed Potatoes 176 Peas & Pearl Onions 34 Marble Rye 127 Cranberry Cake 110 Diet: Lorna Doones 100 Total Sodium(mg): 863 Calories: 724		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.	