

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i></p>		<p><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></p>		<p><i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i></p>				<p>1 Na+</p>	
								<p>White Bean Chicken Chili 260</p>	
								<p>Brown Rice 5</p>	
								<p>Total Sodium (mg): 590</p>	
								<p>Calories: 563</p>	
4 Na+		5 Na+		6 Na+		7 Na+		8 Na+	
Three C Soup 299		Pollock w/Lemon Dill Sauce 160		Navy Bean Soup 222		Beef Stew 200		Broccoli Bake 482	
Homestyle Chicken Drumstick 450		Wild Rice Pilaf 140		*Chicken w/Francaise Sauce 592		Brussels Sprouts 12		Home Fries 5	
Yukon Gold Potatoes 4		Mixed Vegetables 88		Garlic Mashed Potatoes 66		Buttermilk Biscuit 340		Stewed Tomatoes 150	
Multigrain Bread 164		Wheat Bread 170		Pumpnickel Bread 155		Mixed Fruit 10		Wheat Bread 170	
Sliced Peaches 5		Cherry Apple Crisp 56		Fresh Fruit 1				Fig bar 65	
Yogurt 50		D: 1/2 cherry apple crisp 28						D: Lorna Doones 100	
Total Sodium (mg): 1097		Total Sodium(mg): 739		Total Sodium(mg): 1161		Total Sodium(mg): 687		Total Sodium (mg): 997	
Calories: 645		Calories: 735		Calories: 710		Calories: 696		Calories: 731	
11 Na+		12 Na+		13 Na+		14 Na+		15 Na+	
		<p>High Sodium</p>		<p>Sloppy Joe</p>		<p>White Bean Kale Soup 211</p>		<p>Pork w/Rosemary Gravy 156</p>	
		Minestrone Soup 152		O'Brien Potatoes 34		Chicken & Rice Bake 429		Mashed Sweet Potatoes 31	
		*Chicken Parmesan 860		Winter Vegetable Mix 29		Wheat Bread 170		Mixed Vegetables 88	
		Cavatappi Pasta 1		Hamburger Roll 230		Oatmeal Cookie 97		Multigrain Bread 164	
		Whole Wheat Roll 105		Fresh Fruit 1		D: Apple Cinn Grahams 85		Fruit Cup 10	
		Pear Halves 5							
No Meals Served		Total Sodium (mg): 1248		Total Sodium(mg): 678		Total Sodium (mg): 1032		Total Sodium(mg): 574	
		Calories: 788		Calories: 650		Calories: 720		Calories: 623	
18 Na+		19 Na+		20 Na+		21 Na+		22 Na+	
Vegetable Soup 240		Shepherd's Pie w/Gravy 221		Roast Turkey w/Herb Gravy 443		Corn Chowder 172		Potato Pollock 273	
Sweet and Sour Meatballs 248		Carrots 64		Whipped Potatoes 66		Homestyle Chicken Drummer 450		Tartar Sauce 100	
White Rice 90		Multigrain Bread 164		Bread Stuffing 158		Baked Beans 152		Quinoa & Roasted Veg 23	
Wheat Bread 170		Fruit Crunch Bar 80		Maple Cinn Butternut Squash 0		Rye Bread 150		Brussels Sprouts 12	
Fortune Cookie 6		D: Lorna Doones 100		Wheat Dinner Roll 105		Mandarin Oranges 7		Multigrain Bread 164	
Pineapple 1				Pumpkin Pudding 280		Yogurt 75		Fresh Fruit 1	
				D: SF Pumpkin Pudding 173					
Total Sodium(mg): 880		Total Sodium(mg): 654		Total Sodium(mg): 1177		Total Sodium(mg): 1131		Total Sodium(mg): 697	
Calories: 695		Calories: 777		Calories: 758		Calories: 780		Calories: 696	
25 Na+		26 Na+		27 Na+		28 Na+		29 Na+	
*Lasagna Roll w/Sauce 625		BBQ Pork Rib 362		*Honey Mustard Chicken 533				<p>Day after Thanksgiving</p>	
Italian Vegetable Blend 41		Red Bliss Potatoes 4		Potato Wedges 273					
Wheat Bread 170		Cabbage 25		Peas and Carrots 72					
Mixed Fruit 10		Grinder Roll 218		Multigrain Bread 164					
		Gingerbread Cake 314		Fresh Fruit 1					
		D: 1/2 portion cake 157							
Total Sodium (mg): 971		Total Sodium(mg): 1048		Total Sodium (mg): 1168				No Meals Served	
Calories: 633		Calories: 600		Calories: 599				No Meals Served	