


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Na+	3	Na+	4	Na+	5	Na+	6	Na+
Chicken Picatta	417	Swedish Meatballs	260	Broccoli Bake	482	Salisbury Steak w/Gravy	322	*Roast Turkey w/Gravy	527
Couscous	70	Bowtie Pasta	8	Home Fries	5	Garlic Mashed Potatoes	91	Mashed Sweet Potatoes	76
Roman Blend Vegetables	12	Scaninavian Vegetables	30	Stewed Tomatoes	150	Honey Glazed Carrots	70	Green Beans	0
Pumpernickel Bread	127	Whole Wheat Bread	150	Marble Rye Bread	127	Italian Bread	170	Marble Rye Bread	127
Fig Bar	100	Chocolate Pudding	156	Fresh Fruit	1	Yogurt	50	Peaches	10
		Diet: Chocolate Pudding	125						
Total Sodium(mg): 851		Total Sodium(mg): 729		Total Sodium(mg): 890		Total Sodium(mg): 828		Total Sodium(mg): 865	
Calories: 675		Calories: 683		Calories: 730		Calories: 682		Calories: 731	
9	Na+	10	Na+	11	Na+	12	Na+	13	Na+
Columbus Day Holiday		Pork Rib-B-Que	280	Sloppy Joe	259	Buttermilk Chicken	262	Lemon Baked Salmon	150
		Macaroni & Cheese	249	Tator Tots	29	Sour Cream & Chive Potatoes	106	Wild Rice	185
No Meals Served		Corn Niblets	1	Mixed Vegetables	30	Country Blend Vegetables	22	Spinach	60
		Hamburger Bun	310	Sandwich Roll	310	Marble Rye Bread	127	Pumpernickel Bread	127
		Mandarin Oranges	20	Fruit Cocktail	20	Fresh Fruit	1	Brownie	149
								Diet: Chocolate Graham	95
		Total Sodium(mg): 985		Total Sodium(mg): 773		Total Sodium(mg): 642		Total Sodium(mg): 796	
		Calories: 760		Calories: 798		Calories: 810		Calories: 742	
16	Na+	17	Na+	18	Na+	19	Na+	20	Na+
Macaroni & Cheese	498	Stuffed Pepper Casserole	176	Garlic Herbed Chicken	346	Beef w/Pearl Onions	138	Breaded Fish	220
Stewed Tomatoes	6	Mashed Potatoes	176	Potatoes Au Gratin	205	Rice Pilaf	65	Tartar Sauce	97
Italian Bread	170	Carrots	53	Tuscany Vegetables	31	Peas and Carrots	56	Tator Tots	29
Fresh Fruit	1	Whole Wheat Bread	150	Pumpernickel Bread	127	Whole Wheat Bread	150	Jardinere Vegetables	28
		Tapioca Pudding	210	Apple Streusel Cake	235	Pineapple	10	Sandwich Roll	310
		Diet: SF Tapioca Pudding	135	Diet: Cinnamon Apples	4			Fresh Orange	1
Total Sodium(mg): 800		Total Sodium(mg): 890		Total Sodium(mg): 1069		Total Sodium(mg): 544		Total Sodium(mg): 810	
Calories: 788		Calories: 755		Calories: 799		Calories: 802		Calories: 763	
23	Na+	24	High Sodium Meal Na+	25	Na+	26	Na+	27	Na+
Beef Burgundy	123	*Hot Dog	540	American Chop Suey	196	Chicken Pesto	476	*Beef&Bean Chili w/Cheese	520
Brown Rice	64	Baked Beans	370	Broccoli & Red Peppers	21	Gemelli Pasta	8	Baked Potato	7
Winter Mix Vegetables	8	Mixed Vegetables	30	Corn	1	Brussels Sprouts	15	Mixed Vegetables	30
French Bread	91	Hot Dog Bun	195	French Bread	91	Pumpernickel Bread	127	Cornbread	292
Apple Cinnamon Grahams	85	Fresh Fruit	1	Cranberry Apple Crisp	62	Snack n Loaf	115	Applesauce Cup	10
				Diet: Apple slices	4	Diet: Lemon Grahams	95		
Total Sodium(mg): 496		Total Sodium(mg): 1261		Total Sodium(mg): 496		Total Sodium(mg): 866		Total Sodium(mg): 984	
Calories: 693		Calories: 857		Calories: 707		Calories: 794		Calories: 910	
30		31		Sodium (Na+) is listed in milligrams next to each menu item.		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		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)	
Ranch Chicken	476	Beef w/Onions & Peppers	293						
Red Bliss Potatoes	5	Tator Tots	29						
Peas	27	Mixed Vegetables	30						
Marble Rye Bread	127	Sandwich Roll	310						
Fresh Fruit	1	Pumpkin Spice Mousse	150						
		Diet: Pumpkin Pudding	100						
Total Sodium(mg): 761		Total Sodium(mg): 937							
Calories: 716		Calories: 755							