


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>		1	Na+	2	Na+	3	Na+	4	Na+
		Homestyle Drumstick	450	Split Pea Soup	96	Chicken and Corn Stew	265	BBQ Beef Patty	282
		Red Bliss Potatoes	4	Roast Pork w/Rosemary Gravy	156	Carrots	43	Mac and Cheese	195
		Broccoli	10	Garlic Mashed Potatoes	66	Wheat Bread	170	California Blend Veg	22
		Multigrain Bread	164	Italian Bread	230	Mandarin Oranges	7	Hamburger Bun	230
		Chocolate Chip Cookie	160	Fresh Fruit	1			Vanilla Yogurt	50
		Diet: Chocolate Grahams	95						
		Total Sodium(mg):	913	Total Sodium (mg):	674	Total Sodium (mg):	610	Total Sodium (mg):	904
		Calories:	773	Calories:	656	Calories:	468	Calories:	733
7	Na+	8	Na+	9	Na+	10	Na+	11	Na+
Swedish Meatballs	220	Lentil & Kale Soup	352	Beef & Pork Meat Pie	297	Butternut Bisque	149	Turkey Breast w/Gravy	389
Egg Noodles	4	Grilled Chicken Cacciatore	426	Beef Gravy	85	Potato Pollock w/Tartar Sce	373	Stuffing	316
Scandanavian Blend	61	Penne Pasta	1	Brussels Sprouts	12	Au Gratin Potatoes	132	Green Beans	3
Marble Rye	127	Wheat Dinner Roll	105	Wheat Dinner Roll	105	Wheat Bread	170	Multigrain Bread	164
Pineapple	1	Fresh Fruit	1	Cran-Orange Snack n Loaf	120	Spice Cake	245	Applesauce	0
		D: Apple Cinn Grahams	85	D: 1/2 portion cake	123				
		Total Sodium(mg):	1010	Total Sodium(mg):	744	Total Sodium(mg):	1194	Total Sodium (mg):	997
		Calories:	589	Calories:	787	Calories:	890	Calories:	588
14	Na+	15	Na+	16	Na+	17	Na+	18	Na+
		BBQ Pulled Pork	389	Chicken Jambalaya	310	Mulligatawny Soup	153	Stuffed Cabbage Casserole	301
		Baked Beans	152	Brown Rice	5	Chicken w/Supreme Sce	366	Carrots	43
		Corn	1	Broccoli	10	Boiled Red Bliss Potatoes	4	Pumpernickel Bread	155
		Hamburger Roll	230	Multigrain Bread	164	Wheat Bread	170	Fruit Yogurt	75
		Fresh Fruit	1	Mixed Fruit	10	Almond Cookie	181		
		D: Lorna Doones	100						
		Total Sodium (mg):	898	Total Sodium(mg):	624	Total Sodium (mg):	999	Total Sodium(mg):	699
		Calories:	642	Calories:	589	Calories:	705	Calories:	602
No Meals Served									
21	Na+	22	Na+	23	Na+	24	Na+	25	Na+
Minestrone Soup	152	Broccoli Bake	482	Vegetable Barley Soup	257	SPECIAL/High Na+	Na+	Meatloaf w/Jardinere Gravy	284
Haddock w/Lemon Picatta Sce	300	Home Fries	5	Glazed Chicken Drumstick	290	*Chicken Cordon Bleu	764	Sour Cream&Chive mashed	92
Orzo Pilaf w/Spinach	57	Stewed Tomatoes	150	Chantilly Potatoes	238	Chicken Gravy	28	Mixed Vegetables	88
Multigrain Bread	164	Italian Bread	230	Wheat Bread	170	Wild Rice Pilaf	140	Multigrain Bread	164
Tropical Fruit	10	Diced Peaches	5	Fresh Fruit	1	Creamed Spinach	55	Blueberry Snack N Loaf	160
						Dinner Roll	132	D: Lorna Doones	100
						Chocolate Brownie	149		
						D: 1/2 brownie	75		
		Total Sodium(mg):	997	Total Sodium(mg):	1081	Total Sodium(mg):	1393	Total Sodium(mg):	913
		Calories:	681	Calories:	670	Calories:	919	Calories:	915
28	Na+	29	High Na+	30	Na+	31	Na+	<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>	
Beef Bolognese	223	Autumn Harvest Soup	162	Turkey Tetrazzini	514	Pork w/Apple Berry Sauce	78		
Ziti Pasta	1	*Mediterranean Gr Chicken	517	Egg Noodles	4	Cinnamon Sweet Potatoes	33		
Genoa Blend	45	Cous Cous w/Red pepper	45	Brussels Sprouts	12	Cauliflower	14		
Wheat Bread	170	Multigrain Bread	164	Dinner Roll	132	Wheat Bread	170		
Applesauce	0	Lemon Cake	215	Fruit Yogurt	75	Diced Pears	5		
		D: 1/2 portion cake	107						
		Total Sodium(mg):	1228	Total Sodium (mg):	862	Total Sodium (mg):	425	<p><i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i></p>	
		Calories:	788	Calories:	570	Calories:	613		