


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	<b>Na+</b> <b>Labor Day</b>  <b>HAPPY LABOR DAY</b>  <b>No Meal Delivery</b>	<b>3</b>	<b>Na+</b> Chunky Tomato Soup 177 Macaroni and Cheese 488 Italian Bread 230 Peaches 5	<b>4</b>	<b>Na+</b> *Honey Mustard Chicken 533 Cous Cous w/Carrots 24 Mixed Vegetables 88 Wheat Bread 170 Fresh Fruit 1	<b>5</b>	<b>Na+</b> <b>Special/High Sodium</b> *Veal Parmesan 853 Garlic Mashed Potatoes 66 Italian Green Beans 3 Dinner Roll 132 Cherry Apple Crisp 56 D: Cinnamon Apples 10	<b>6</b>	<b>Na+</b> Cran-Orange Roast Pork 91 Mashed Sweet Potatoes 31 Cauliflower 14 Multigrain Bread 164 Fruit Crunch Bar 80 D: Lorna Doones 100
Total Sodium(mg): 1025 Calories: 725		Total Sodium(mg): 1025 Calories: 725		Total Sodium(mg): 941 Calories: 652		Total Sodium(mg): 1235 Calories: 1003		Total Sodium(mg): 505 Calories: 813	
<b>9</b>	<b>Na+</b> Lemon Dill Haddock 362 O'Brien Potatoes 34 California Blend Vegetables 22 Pumpnickel Bread 155 Lemon Pudding 200 D: SF Lemon Pudding 150	<b>10</b>	<b>Na+</b> Shepherd's Pie w/Gravy 276 Spinach 65 Wheat Dinner Roll 170 Diced Pears 5	<b>11</b>	<b>Na+</b> Glazed Chicken Drumstick 450 Baked Beans 152 Brussels Sprouts 12 Multigrain Bread 164 Fig Bar 65 D: Grahams 95	<b>12</b>	<b>Na+</b> <b>Cold Plate</b> Bok Choy Soup 99 Asian Chicken Salad 277 Pasta & Cucumber Salad 69 Dinner Roll 132 Pineapple Whip 87	<b>13</b>	<b>Na+</b> Meatloaf w/Onion Gravy 242 Mashed Potatoes 92 Peas & Carrots 72 Wheat Bread 170 Fresh Fruit 1
Total Sodium(mg): 898 Calories: 684		Total Sodium(mg): 641 Calories: 565		Total Sodium(mg): 968 Calories: 658		Total Sodium(mg): 789 Calories: 621		Total Sodium(mg): 702 Calories: 745	
<b>16</b>	<b>Na+</b> Steak Fajita 217 Red & Green Peppers 27 Red Bliss Potatoes 5 Tortilla 220 Mixed Fruit 10	<b>17</b>	<b>Na+</b> Pesto Grilled Chicken 390 Tricolor Rotini 1 Genoa Blend Vegetables 45 Multigrain Bread 164 Oatmeal Cookie 97 D: Raisins 4	<b>18</b>	<b>Na+</b> <b>Cold Plate/High Na+</b> Three C's Soup 299 Turkey Cranberry Salad 468 Tangy 4-bean salad 225 Wheat Dinner Roll 132 Fresh Fruit 1	<b>19</b>	<b>Na+</b> BBQ Pulled Pork 389 Mashed Potatoes 66 Green Beans 3 Hamburger Roll 230 Diced Peaches 5	<b>20</b>	<b>Na+</b> Tomato Basil Meatballs 352 Cavatappi Pasta 1 Italian Blend Vegetables 41 Italian Bread 230 Fruit Yogurt 75
Total Sodium(mg): 604 Calories: 522		Total Sodium(mg): 826 Calories: 726		Total Sodium(mg): 1250 Calories: 750		Total Sodium(mg): 818 Calories: 691		Total Sodium(mg): 824 Calories: 669	
<b>23</b>	<b>Na+</b> Vegetable Soup 115 Teriyaki Grilled Chicken 362 Vegetable Fried Rice 98 Multigrain Bread 164 Pineapple 1 Fortune Cookie 6	<b>24</b>	<b>Na+</b> Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Wheat Bread 170 Applesauce 0	<b>25</b>	<b>Na+</b> Chicken & Rice Casserole 429 Spinach 65 Marble Rye Bread 127 Snack n Loaf 115 D: Lorna Doones 100	<b>26</b>	<b>Na+</b> Beef Stew 200 Brussels Sprouts 12 Dinner Roll 132 Blueberry Buckle 360 D: 1/2 portion cake 180	<b>27</b>	<b>Na+</b> Broccoli Bake 482 Baked Home Fries 5 Stewed Tomatoes 150 Wheat Bread 170 Fresh Fruit 1
Total Sodium(mg): 871 Calories: 688		Total Sodium(mg): 671 Calories: 618		Total Sodium(mg): 861 Calories: 628		Total Sodium(mg): 829 Calories: 842		Total Sodium(mg): 933 Calories: 708	
<b>30</b>	<b>Na+</b> Beef & Lentil Chili 260 Brown Rice 5 Genoa Blend Vegetables 45 Dinner Roll 132 Diced Pears 5			<b>Sodium (Na+) is listed in milligrams next to each menu item.</b> <b>All Meals include 1% Milk: 110 Calories, 125mg Sodium.</b>		<b>Higher Sodium Items are marked with an asterisk * (&gt;500mg sodium)</b>		<b>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</b>	
Total Sodium(mg): 572 Calories: 662									