


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Na+</b> <b>Sodium (Na+) is listed in milligrams next to each menu item.</b>  <b>All Meals include 1% 110 Calories, 125mg Sodium</b>		<b>Na+</b> This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		<b>Na+</b> <b>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* (&gt;500mg)</b>		<b>Na+</b>		<b>1 Na+</b> Chicken w/Orange Sauce 323 Baked Beans 39 Mexicali Corn 3 Wheat Bread 160 Fresh Fruit 1	
								Total Sodium(mg): 650 Calories: 656	
<b>4 Na+</b> Labor Day Holiday    No Meals Served		<b>5 Na+</b> Chicken w/Pesto Cream 390 Tricolor Rotini 1 Genoa Blend Vegetables 45 Wheat Bread 160 Mixed Fruit 10		<b>6 Na+</b> <b>SPECIAL</b> Haddock Newburg 364 Brown Rice Pilaf 159 Ratatouille 107 Dinner Roll 132 Strawberry Apple Crisp 9 D: Apple Slices w/cinnamon 4		<b>7 Na+</b> <b>COLD MEAL</b> Egg Drop Soup 167 Asian Chicken Salad 277 Chick Pea Cilantro Salad 212 Wheat Dinner Roll 105 Fresh Peach 1		<b>8 Na+</b> Swedish Meatballs 246 Egg Noodles 4 Broccoli 10 Wheat Bread 160 Strawberry Yogurt 75	
		Total Sodium(mg): 731 Calories: 578		Total Sodium(mg): 896 Calories: 596		Total Sodium(mg): 886 Calories: 577		Total Sodium (mg): 620 Calories: 659	
<b>11 Na+</b> Vegetable Gumbo Soup 50 Steak and Cheese 238 Tater Tots 29 Grinder Roll 218 Cranberry Snack Loaf 115 D: Gingerboy 60		<b>12 Na+</b> Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Pineapple Whip 87		<b>13 Na+</b> Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Carrots 64 Wheat Bread 160 Fresh Fruit 1		<b>14 Na+</b> Roast Pork w/Herb Gravy 156 Butternut Squash 0 Green Peas 66 Rye Bread 150 Mandarin Oranges 7		<b>15 Na+</b> Meatloaf w/Onion Gravy 242 Roasted Potatoes 5 Summer Blend Vegetables 24 Wheat Bread 160 Applesauce Fruit Cup 10	
Total Sodium(mg): 775 Calories: 705		Total Sodium (mg): 784 Calories: 494		Total Sodium(mg): 803 Calories: 590		Total Sodium (mg): 504 Calories: 518		Total Sodium(mg): 566 Calories: 664	
<b>18 Na+</b> Honey Ginger Chicken 393 Brown Rice Pilaf 159 Oriental Blend Vegetables 21 Wheat Bread 160 Pineapple 1		<b>19 Na+</b> Potato Pollock w/Tartar Sauce 373 Cous Cous w/Red peppers 45 Broccoli 10 Wheat Bread 160 Lemon Cake 215 D: Lemon Grahams 95		<b>20 Na+</b> <b>HIGH SODIUM</b> *Chicken Parmesan 860 Ziti Pasta 1 Italian Blend Vegetables 41 Italian Bread 230 Blueberry Yogurt 75		<b>21 Na+</b> Autumn Harvest Soup 233 Yankee Pot Roast w/Gravy 153 Chantilly Potatoes 238 Dinner Roll 132 Sliced Peaches 5		<b>22 Na+</b> *Omelet w/Cheese Sauce 577 Sausage Links 244 Home Fries 5 Wheat Bread 160 Fresh Orange 0	
Total Sodium (mg): 859 Calories: 608		Total Sodium(mg): 928 Calories: 748		Total Sodium(mg): 1332 Calories: 805		Total Sodium(mg): 886 Calories: 622		Total Sodium(mg): 1111 Calories: 765	
<b>25</b> BBQ Pork Rib 492 Baked Beans 39 Mixed Vegetables 88 Hamburg Roll 230 Raisins 4		<b>26</b> Chicken w/Red Pepper Sauce 419 Orzo Pilaf w/Spinach 57 California Vegetable Blend 22 Wheat Bread 160 Chocolate Pudding 135 D: SF choc pudding 156		<b>27</b> Pork w/Cranberry Orange Sauce 91 Sweet Potatoes 35 Fresh Squash Blend 4 Wheat Dinner Roll 105 MacIntosh Apple 1		<b>28</b> White Bean Chicken Chili 314 Brown Rice 5 Riviera Blend Vegetable 140 Corn Bread 291 Mixed Fruit 10		<b>29</b> Beef & Cabbage Casserole 301 Herbed Carrots 64 Rye Bread 150 Cherry Snack n Loaf 115 D: Apple Cinn Grahams 85	
Total Sodium (mg): 978 Calories: 757		Total Sodium(mg): 918 Calories: 625		Total Sodium(mg): 361 Calories: 631		Total Sodium(mg): 885 Calories: 700		Total Sodium(mg): 755 Calories: 683	