

Tri-Valley February 2010 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Teriyaki Chicken Scalloped Potato Broccoli Multigrain Bread Mixed Fruit	2. Roast Pork w/Mushroom Sauce Steamed Rice Spinach Dinner Roll Cookie	3. Meatballs with Onion Gravy Herbed Potato Carrots Whole Wheat Bread Butterscotch Pudding Sugar Free Pudding	4. Salmon Boat Dill Sauce Confetti Rice Succotash Rye Bread Fresh Orange	5. Shepherd's Pie Cream of Carrot Soup Green Beans Pumpernickel Bread Baked Apple Slices
Calories: 698 Fat: 20 % Chol: 100 mg Sodium: 1007 mg	Calories: 701 Fat: 27 % Chol: 62 mg Sodium: 870 mg	Calories: 825 Fat: 32 % Chol: 55 mg Sodium: 1275 mg	Calories: 716 Fat: 25% Chol: 41 mg Sodium: 642 mg	Calories: 743 Fat: 33% Chol: 104 mg Sodium: 745 mg
8. Cheese Lasagna with Tomato Sauce Spinach Diced Carrots Italian Bread Fruited Jello Sugar Free Jello	9. Meatballs with Spanish Sauce Vegetable Soup Mashed Potato Harvard Beets Honey Wheat Bread Fresh Fruit	10. Roast Turkey with Gravy Cranberry Sauce Sweet Potatoes & Apple Brussels Sprouts Pumpernickel Bread Fruit Cocktail	11. Valentines Day Italian Braised Beef Mashed Potato Broccoli French Bread Strawberries with Angel Food Cake Diet = Angel Cake	12. Chicken Cantonese Steamed Rice Carrots Multigrain Bread Mandarin Oranges
Calories: 662 Fat: 27% Chol: 152 mg Sodium: 1059 mg	Calories: 825 Fat: 38% Chol: 71 mg Sodium: 991 mg	Calories: 768 Fat: 20% Chol: 60 mg Sodium: 1109 mg	Calories: 856 Fat: 27% Chol: 76 mg Sodium: 1074 mg	Calories: 772 Fat: 18% Chol: 90 mg Sodium: 910 mg
15. President's Day  No Meal Served	16. Buttermilk Chicken Mashed Potato Tuscany Blend Vegetable Muffin Applesauce	17. Ash Wednesday Macaroni & Cheese Vegetable Soup Green Beans Zucchini & Tomato Multigrain Bread Cinnamon Grahams	18. Baked Ham with Raisin Sauce Mashed Potato Carrots Rye Bread Peaches	19. Potato Crunch Fish Lemon New Potato Winter Mix Vegetable Tartar Sauce Wheat Bread Fresh Fruit
	Calories: 735 Fat: 29% Chol: 84 mg Sodium: 578 mg	Calories: 859 Fat: 34 % Chol: 50 mg Sodium: 1125 mg	Calories: 620 Fat: 21% Chol: 68 mg Sodium: 1613 mg	Calories: 726 Fat: 28% Chol: 68 mg Sodium: 700 mg
22. Spaghetti & Meatballs & Sauce Broccoli Italian Bread Pears	23. Hearty Beef Stew Brussels Sprouts Corn Muffin Birthday Cake Diet = Plain Cake	24. Chicken with Supreme Sauce Rice Pilaf California Blend Veg. Honey Wheat Bread Vanilla Pudding Sugar Free Pudding	25. Meatloaf with Gravy Red Bliss Potato Corn Niblets Whole Wheat Bread Mixed Fruit	26. Veggie Cheese Bake* Green Beans Stewed Tomatoes Multigrain Bread Fresh Fruit *(High Sodium Entree)
Calories: 776 Fat: 32% Chol: 70 mg Sodium: 1017 mg	Calories: 825 Fat: 24% Chol: 56 mg Sodium: 688 mg	Calories: 828 Fat: 26% Chol: 92 mg Sodium: 1132 mg	Calories: 814 Fat: 29 %Chol: 125 mg Sodium: 731 mg	Calories: 738 Fat: 41% Chol: 227 mg Sodium: 1417 mg

Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging and Mass. Office of Elder Affairs. Reservations must be made 48 hours in advance. SUGGESTED DONATIONS: \$2.00 per meal