


# Tri-Valley, Inc.

## August 2009 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3. Chicken Picatta</b> Herbed Rice Carrots Multigrain Bread Pineapple <hr/> Cal:729 Sodium:723mg Fat:23% Chol:90mg	<b>4. Meatloaf &amp; Gravy</b> Garlic Mashed Potato Oriental Cauliflower Medley Wheat Bread Pears <hr/> Cal:885 Sodium:1207mg Fat:36% Chol:143mg	<b>5. Roast Turkey</b> Gravy & Cranberry Sauce Mashed Carrot & Sweet Potato Peas Muffin Fresh Fruit <hr/> Cal:708 Sodium:1055mg Fat:22% Chol:57mg	<b>6. BBQ Pork Rib</b> Herbed Potato Corn Sandwich Roll Brownie Diet = Cookie <hr/> Cal:710 Sodium:908 mg Fat:26% Chol:57mg	<b>7. Fish w/Bread Crumb Topping</b> Tartar Sauce Oven Browned Potato Tuscany Blend Veg. Multigrain Bread Peaches <hr/> Cal:733 Sodium: 760mg Fat:28% Chol: 96mg
<b>10. Mild Beef &amp; Bean Chili</b> Seasoned Rice Summer Blend Veg. Biscuit Fresh Melon <hr/> Cal:756 Sodium:1743mg Fat: 33% Chol:72mg	<b>11. Chicken Murphy</b> Mashed Potato Corn Multigrain Bread Chocolate Pudding Diet = SF Pudding <hr/> Cal:831 Sodium: 1104mg Fat: 27% Chol: 90mg	<b>12 Italian Braised Beef</b> Egg Noodles Broccoli Pumpernickel Bread Fruit Streusel Cake Diet=Small Slice <hr/> Cal: 885 Sodium:850mg Fat: 33% Chol: 178mg	<b>13. Hot Dog on Roll</b> Condiments Potato Wedges Garden Salad w/ Italian Dressing Chocolate Chip Cookies <hr/> Cal:732 Sodium:1192mg Fat:42 % Chol:62mg	<b>14. Turkey Divan</b> Brussels Sprouts Diced Carrots Dinner Roll Pears <hr/> Cal:641 Sodium:1142mg Fat:36% Chol: 60mg
<b>17. Cr. Of Carrot Soup Garden Swiss Steak</b> Garlic Mashed Potato Capri Blend Veg Oatmeal Bread Mixed Fruit Soup Sub = Juice <hr/> Cal:749 Sodium:1046 mg Fat:34% Chol:70mg	<b>18. Potato Crunch Fish</b> Tartar Sauce Herbed New Potatoes Spinach Rye Bread Pineapple <hr/> Cal:647 Sodium:784mg Fat:38% Chol: 100 mg	<b>19. BBQ Chicken/Sauce</b> Red Potato & Green Bean Salad Corn Wheat Bread Strawberry Cup Diet = Grahams <hr/> Cal: 856 Sodium:1156mg Fat: 17% Chol:87 mg	<b>20. Italian Casserole</b> Broccoli French Stick Bread Tapioca Pudding Diet = SF Vanilla Pudding <hr/> Cal: 723 Sodium:1304mg Fat: 32% Chol: 58mg	<b>21. Hawaiian Chicken</b> Steamed White Rice Green Beans Muffin Fresh Melon <hr/> Cal: 703 Sodium:962mg Fat: 19% Chol:87mg
<b>24. Swedish Meatballs &amp; Gravy</b> Noodles California Blend Multigrain Bread Fresh Fruit <hr/> Cal: 849 Sodium:719mg Fat: 35% Chol:133mg	<b>25. Beef Burgundy</b> Boiled Potato Green Beans Dinner Roll Birthday Cake Diet = Plain Cake <hr/> Cal: 832 Sodium:1323mg Fat: 33% Chol: 58mg	<b>26. Manhattan Chowder Salmon Boat /Dill Sauce</b> Mashed Potato Peas & Onions Muffin Mixed Fruit Soup Sub=Juice <hr/> Cal: 762 Sodium:743mg Fat: 24% Chol:41mg	<b>27. Chicken with Supreme Sauce</b> Mashed Potato Diced Carrots Multi Grain Bread Butterscotch Pudding Diet = SF Pudding <hr/> Cal:745 Sodium: 1079mg Fat:28% Chol: 82mg	<b>28. Macaroni &amp; Cheese</b> Stewed Tomatoes Summer Blend Veg Wheat Bread Pears <hr/> Cal: 798 Sodium:996mg Fat: 33% Chol: 56mg
<b>31. Chicken Salad</b> Rice Broccoli & Cheese Salad Pickled Beet Salad Wheat Bread Peaches <hr/> Cal:751 Sodium:1102mg Fat: 37% Chol: 106mg				

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 DONATION: \$2.00