

April 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 HIGH SODIUM MEAL	Na+	4	Na+	5	Na+	6	Na+	7	Na+
Hot Dog*	540	Macaroni & Cheese	498	Meatloaf w/ Gravy	232	Chicken Pot Pie	208	Breaded Fish	484
Baked Beans	370	Stewed Tomatoes	6	Garlic Mashed Potatoes	91	Yukon Gold Potatoes	5	Lemon Seasoned Potatoes	6
Pasta Salad	172	Green Beans	0	Chuck Wagon Corn	2	Country Blend Vegetables	22	Mixed Vegetables	30
Pineapple	10	Tapioca Pudding	210	Fresh Fruit	0	Peaches	10	Yogurt	50
Hot Dog Bun	195	Diet = Diet Tapioca	135	French Bread	91	Biscuit	340	Hamburger Bun	210
Mustard	50	Pumpnickel Bread	127					Tartar Sauce	97
Cal: 853 Fat: 33% Na+: 1462mg		Cal: 821 Fat: 31% Na+: 966mg Diet Cal: 771 Fat: 32% Na+: 891mg		Cal: 795 Fat: 30% Na+: 623mg		Cal: 735 Fat: 29% Na+: 709mg		Cal: 740 Fat: 22% Na+: 1002mg	
10	Na+	11	Na+	12	Na+	13	Na+	14	Na+
Beef Stew	186	Catch of the Day	484	Chicken Murphy	370	Baked Ham w/ Maple Glaze	440	Vegetable Cheese Bake*	798
Steamed Rice	64	Wild Rice	185	Red Bliss Potatoes	5	Sour Cream & Chive Potatoes	106	Brussel Sprouts	15
Corn Niblets	1	Broccoli	22	Peas	66	Herbed Carrots	54	Baked Cinnamon Pears	12
Mandarin Oranges	20	Fresh Fruit	1	Streusel Cake	235	Vanilla Mousse	150	Marble Rye Bread	127
Whole Wheat Bread	150	Italian Bread	199	Diet = Small Piece	117	French Bread	91	Chicken and Rice Soup	110
Cal: 746 Fat: 22% Na+: 545mg		Cal: 752 Fat: 18% Na+: 1016mg		Cal: 735 Fat: 22% Na+: 928mg Diet Cal: 621 Fat: 20% Na+: 810mg		Cal: 716 Fat: 29% Na+: 996mg		Cal: 701 Fat: 38% Na+: 1187mg	
17		18	Na+	19 HIGH SODIUM MEAL	Na+	20	Na+	21	Na+
PATRIOTS DAY		Meatballs w/ Onion Gravy	190	Fish w/Crumb Topping	294	Salisbury Steak	257	Greek Chicken	434
No Meals Served		Gemelli Pasta	8	Potato Puffs	334	Mashed Potatoes	176	Steamed White Rice	64
		Roman Vegetables	12	Coleslaw	402	Peas and Carrots	72	Country Blend Vegetables	22
		Mixed Fruit	20	Baked Apples	14	Fresh Fruit	1	Fruited Ambrosia Lite	33
		Whole Wheat Bread	150	Pumpnickel Bread	127	Marble Rye Bread	127	Biscuit	340
		Cal: 679 Fat: 26% Na+: 568mg		Cal: 763 Fat: 41% Na+: 1297mg		Cal: 772 Fat: 28% Na+: 898mg		Cal: 704 Fat: 28% Na+: 1017mg	
24	Na+	25	Na+	26	Na+	27	Na+	28	Na+
BBQ Chicken*	751	Salmon Boat / Dill Sauce	291	Chicken Primavera w/Penne Pasta	489	Stuffed Pepper Casserole	154	Shepherd's Pie	479
Mashed Sweet Potatoes	76	Mashed Potatoes	176	Spinach	60	Winter Mix Vegetables	8	Peas	66
Green Beans	0	Peas & Pearl Onions	34	Pears	10	Corn	1	Carrots	53
Fresh Fruit	1	Snack 'n Loaf	210	Whole Wheat Bread	150	Birthday Cake	221	Strawberries	2
Pumpnickel Bread	127	Diet = Granola Bar	135			Diet = Plain Birthday Cake	131	French Bread	91
		Marble Rye Bread	127			Dinner Roll	410		
Cal: 703 Fat: 17% Na+: 1080mg		Cal: 849 Fat: 27% Na+: 923mg Diet Cal: 699 Fat: 26% Na+: 808mg		Cal: 704 Fat: 25% Na+: 839mg		Cal: 689 Fat: 25% Na+: 919mg Diet Cal: 564 Fat: 22% Na+: 830mg		Cal: 778 Fat: 27% Na+: 816mg	

Menus are Subject to Change

Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.



Na+ = Sodium

mg = milligrams

*Indicates higher sodium entrees >500mg

High Sodium Meal = >1200mg

Breakdowns include 125mg Na+ for milk