

August 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 Pork Rib-i-que w/ Peppers & Onions Coleslaw Corn Niblets Strawberries & Whipped Topping Hamburger Bun Cal:728 Fat:38% Na+:1104mg	Na+ 280 3 402 1 2 290	2 Catch of the Day Wild Rice California Blend Vegetables Brownie Diet=Small Piece Marble Rye Bread Cal:748 Fat:22% Na+:1100mg Diet Cal:676 Fat:22% Na+:1025mg	Na+ 484 185 29 149 75 127	3 Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Vegetables Pineapple Pumpernickel Bread Cal:694 Fat:27% Na+:566mg	Na+ 266 8 30 10 127	4 High Sodium Meal Sloppy Joe * Potato Wedges Mixed Vegetables Granola Bar Hamburger Bun Cal:808 Fat:28% Na+:1480mg	Na+ 682 283 30 50 290
	7 Roast Turkey w/ Turkey Gravy Mashed Sweet Potatoes Tuscany Blend Vegetables Cranberry Sauce Chocolate Pudding Diet = Dt. Vanilla Pudding Marble Rye Bread Cal:769 Fat:24% Na+:1021mg Diet Cal:709 Fat:23% Na+:1011mg	Na+ 450 77 76 31 0 135 125 127	8 Stuffed Pepper Casserole Mashed Potato Carrots Peaches French Bread Cal:658 Fat:28% Na+:621mg	Na+ 176 176 43 10 91	9 Garlic Herbed Chicken Red Bliss Potatoes Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece Pumpernickel Bread Cal:711 Fat:21% Na+:880mg Diet Cal:597 Fat:19% Na+:763mg	Na+ 346 5 43 235 117 127	10 Beef with Onions & Peppers Herbed Potatoes Coleslaw Melon Sandwich Roll Cal:778 Fat:38% Na+:1164mg	Na+ 293 46 482 7 290	11 Breaded Fish Rice Pilaf Jardinière Blend Vegetables Mixed Fruit Tartar Sauce Hamburger Bun Cal:753 Fat:27% Na+:1063mg
14 Beef Burgundy Brown Rice Brussels Sprouts Lemon Graham Cookies Whole Wheat Bread Cal:732 Fat:18% Na+:571mg	Na+ 123 64 15 95 150	15 High Sodium Meal Hot Dog * Baked Beans Potato Salad Cantaloupe Mustard Packet Hot Dog Bun Cal:929 Fat:48% Na+:1454mg	Na+ 540 370 167 7 50 195	16 American Chop Suey Broccoli & Red Peppers Corn Apple Crisp Diet=Applesauce French Bread Cal:739 Fat:19% Na+:479mg Diet Cal:583 Fat:19% Na+:459mg	Na+ 196 21 1 44 25 91	17 Sliced Turkey * w/ Lettuce & Tomato Pasta Salad Summer Corn Fruited Ambrosia Mayonnaise Pita Bread Cal:653 Fat:36% Na+:1163mg	Na+ 676 1 103 19 33 70 68	18 Chicken Pesto Gemelli Pasta Peas & Carrots Mandarin Oranges Marble Rye Bread Cal:683 Fat:20% Na+:828mg	Na+ 476 8 72 20 127
21 Ginger Pork Vegetable Fried Rice Broccoli Pudding Diet=Tapioca Pudding Whole Wheat Bread Fortune Cookie Cal:716 Fat:21% Na+:940mg Diet Cal:646 Fat:19% Na+:905mg	Na+ 253 220 22 170 135 150 0	22 Beef and Pearl Onions Mashed Potato Succotash Fresh Fruit - Orange French Bread Cal:836 Fat:29% Na+:487mg	Na+ 138 65 9 0 91	23 Ranch Chicken Wild Rice Carrots and Green Beans Pineapple Marble Rye Bread Cal:652 Fat:19% Na+:968mg	Na+ 476 185 53 1 127	24 Spaghetti & Meatballs Green Beans Birthday Cake Diet = Plain Cake Italian Bread Cal:887 Fat:21% Na+:852mg Diet Cal:762 Fat:19% Na+:763mg	Na+ 307 0 221 131 199	25 Beef and Bean Chili with Cheese Baked Potato Mixed Vegetables Yogurt French Bread Cal:776 Fat:24% Na+:823mg	Na+ 340 180 7 30 50 91
28 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Pumpernickel Bread Cal:751 Fat:30% Na+:766mg	Na+ 498 6 0 10 127	29 Greek Chicken Steamed White Rice Broccoli Vanilla Mousse Marble Rye Bread Cal:652 Fat:24% Na+:921mg	Na+ 434 64 22 150 127	30 Meatloaf & Gravy Garlic Mashed Potatoes Peas and Onions Fresh Fruit Whole Wheat Bread Cal:802 Fat:31% Na+:714mg	Na+ 314 91 34 0 150	31 Chicken Pot Pie Mashed Potatoes Carrots Brownie Diet=Small Piece Biscuit Cal:910 Fat:33% Na+:1052mg Diet Cal:837 Fat:34% Na+:977mg	Na+ 208 176 53 149 75 340	MENU 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 Breakdown includes 125mg Na+ for milk