


# December 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menus are Subject to Change</b></p> <p><b>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.</b></p> <p>Na+ = Sodium mg = milligrams</p> <p style="text-align: center;">High Sodium Meal = &gt; 1200mg * Indicates higher sodium entrees &gt; 500mg</p>				<p><b>1</b></p> <p style="text-align: center;"><b>Lasagna</b></p> <p style="text-align: center;">Broccoli Herbed Carrots Apple Crisp Diet= Graham Cookies French Bread</p> <p style="text-align: right;"><b>Na+</b> 360 22 54 63 87 91</p> <p style="text-align: right;"><b>Cal:648 Fat:25% Na+:714mg</b> <i>Diet Cal:594 Fat:25% Na+:738mg</i></p>
<p><b>4</b></p> <p style="text-align: center;"><b>Sesame Beef *</b></p> <p style="text-align: center;">Steamed White Rice Broccoli &amp; Carrots Pineapple Fortune Cookie French Bread</p> <p style="text-align: right;"><b>Na+</b> 762 64 38 1 0 91</p> <p style="text-align: right;"><b>Cal:703 Fat:36% Na+:956mg</b></p>	<p><b>5</b></p> <p style="text-align: center;"><b>Chicken Cacciatore</b></p> <p style="text-align: center;">Pasta Italian Blend Vegetables Chocolate Mousse Marble Rye Bread</p> <p style="text-align: right;"><b>Na+</b> 403 8 36 224 127</p> <p style="text-align: right;"><b>Cal:664 Fat:18% Na+:923mg</b></p>	<p><b>6</b></p> <p style="text-align: center;"><b>High Sodium Meal</b></p> <p style="text-align: center;"><b>Hot Dog *</b></p> <p style="text-align: center;">Baked Beans Cole Slaw Peaches Hot Dog Roll</p> <p style="text-align: right;"><b>Na+</b> 540 370 219 5 195</p> <p style="text-align: right;"><b>Cal:836 Fat:40% Na+:1454mg</b></p>	<p><b>7</b></p> <p style="text-align: center;"><b>Potato Crunch Fish</b></p> <p style="text-align: center;">Lemon Seasoned Potato Peas &amp; Mushrooms Fresh Fruit Chicken with Wild Rice Soup Whole Wheat Bread</p> <p style="text-align: right;"><b>Na+</b> 280 6 45 0 148 150</p> <p style="text-align: right;"><b>Cal:713 Fat:19% Na+:754mg</b></p>	<p><b>8</b></p> <p style="text-align: center;"><b>Buttermilk Chicken</b></p> <p style="text-align: center;">Red Bliss Potatoes Mixed Vegetables Streusel Cake Diet=Half Piece Streusel Cake Pumpnickel Bread</p> <p style="text-align: right;"><b>Na+</b> 427 5 30 271 135 127</p> <p style="text-align: right;"><b>Cal:746 Fat:27% Na+:984mg</b> <i>Diet Cal:626 Fat:26% Na+:849mg</i></p>
<p><b>11</b></p> <p style="text-align: center;"><b>Chicken Mornay *</b></p> <p style="text-align: center;">Couscous Roman Blend Vegetables Yogurt Marble Rye Bread</p> <p style="text-align: right;"><b>Na+</b> 640 70 12 75 127</p> <p style="text-align: right;"><b>Cal:708 Fat:24% Na+:1048mg</b></p>	<p><b>12</b></p> <p style="text-align: center;"><b>Pork Rib-i-que</b></p> <p style="text-align: center;">Cole Slaw Corn Niblets Strawberries &amp; Whipped Topping Wheat Roll</p> <p style="text-align: right;"><b>Na+</b> 280 219 1 2 290</p> <p style="text-align: right;"><b>Cal:588 Fat:30% Na+:917mg</b></p>	<p><b>13</b></p> <p style="text-align: center;"><b>High Sodium Meal</b></p> <p style="text-align: center;"><b>Roast Turkey *</b></p> <p style="text-align: center;">Gravy Mashed Potatoes Peas and Pearl Onions Gingerbread Diet = Half Piece Gingerbread French Bread</p> <p style="text-align: right;"><b>Na+</b> 676 77 176 34 289 144 91</p> <p style="text-align: right;"><b>Cal:677 Fat:26% Na+:1467mg</b> <i>Diet Cal:607 Fat:26% Na+:1323mg</i></p>	<p><b>14</b></p> <p style="text-align: center;"><b>Meatloaf</b></p> <p style="text-align: center;">Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread</p> <p style="text-align: right;"><b>Na+</b> 248 82 176 22 20 150</p> <p style="text-align: right;"><b>Cal:857 Fat:34% Na+:823mg</b></p>	<p><b>15</b></p> <p style="text-align: center;"><b>Macaroni &amp; Cheese</b></p> <p style="text-align: center;">Stewed Tomatoes Green Beans Fresh Fruit Pumpnickel Bread</p> <p style="text-align: right;"><b>Na+</b> 498 6 0 0 127</p> <p style="text-align: right;"><b>Cal:752 Fat:30% Na+:756mg</b></p>
<p><b>18</b></p> <p style="text-align: center;"><b>Swedish Meatballs</b></p> <p style="text-align: center;">Gemelli Pasta Roman Blend Vegetables Fresh Fruit Cream of Carrot Soup Whole Wheat Bread</p> <p style="text-align: right;"><b>Na+</b> 260 8 12 0 140 150</p> <p style="text-align: right;"><b>Cal:798 Fat:30% Na+:695mg</b></p>	<p><b>19</b></p> <p style="text-align: center;"><b>Stuffed Pepper Casserole</b></p> <p style="text-align: center;">Mashed Potatoes Carrots Pear Crisp Pears Italian Bread</p> <p style="text-align: right;"><b>Na+</b> 176 176 43 36 10 170</p> <p style="text-align: right;"><b>Cal:735 Fat:30% Na+:726mg</b> <i>Diet Cal:676 Fat:28% Na+:700mg</i></p>	<p><b>20</b></p> <p style="text-align: center;"><b>Sloppy Joe</b></p> <p style="text-align: center;">Potato Wedges Mixed Vegetables Mandarin Oranges Wheat Roll</p> <p style="text-align: right;"><b>Na+</b> 682 283 30 20 290</p> <p style="text-align: right;"><b>Cal:748 Fat:27% Na+:1430mg</b></p>	<p><b>21</b></p> <p style="text-align: center;"><b>~ Holiday Meal ~</b></p> <p style="text-align: center;"><b>Chicken with Sage Stuffing *</b></p> <p style="text-align: center;">Sour Cream &amp; Chive Potatoes Peas and Carrots Cream Puffs Diet=Cheesecake Mousse French Bread</p> <p style="text-align: right;"><b>Na+</b> 577 106 72 85 150 91</p> <p style="text-align: right;"><b>Cal:821 Fat:40% Na+:1056mg</b> <i>Diet Cal:798 Fat:39% Na+:1120mg</i></p>	<p><b>22</b></p> <p style="text-align: center;"><b>Catch of the Day</b></p> <p style="text-align: center;">O'Brien Potatoes Tuscany Style Vegetables Brownie Diet=Plain Cake Marble Rye Bread</p> <p style="text-align: right;"><b>Na+</b> 294 78 31 149 131 127</p> <p style="text-align: right;"><b>Cal:669 Fat:26% Na+:804mg</b> <i>Diet Cal:580 Fat:24% Na+:786mg</i></p>
<p><b>25</b></p> <p style="text-align: center;"><b>CHRISTMAS DAY NO MEAL SERVED</b></p> 	<p><b>26</b></p> <p style="text-align: center;"><b>Salisbury Steak</b></p> <p style="text-align: center;">Gravy Mashed Potatoes Scandinavian Vegetables Baked Cinnamon Apples Whole Wheat Bread</p> <p style="text-align: right;"><b>Na+</b> 240 82 176 30 14 150</p> <p style="text-align: right;"><b>Cal:741 Fat:35% Na+:818mg</b></p>	<p><b>27</b></p> <p style="text-align: center;"><b>Garlic Herbed Chicken</b></p> <p style="text-align: center;">Wild Rice California Blend Vegetables Peaches Pumpnickel Bread</p> <p style="text-align: right;"><b>Na+</b> 346 185 29 5 127</p> <p style="text-align: right;"><b>Cal:601 Fat:17% Na+:822mg</b></p>	<p><b>28</b></p> <p style="text-align: center;"><b>Beef with Pearl Onions</b></p> <p style="text-align: center;">Garlic Mashed Potatoes Carrots Birthday Cake Diet=Plain Cake Marble Rye Bread</p> <p style="text-align: right;"><b>Na+</b> 138 176 53 221 131 127</p> <p style="text-align: right;"><b>Cal:921 Fat:35% Na+:840mg</b> <i>Diet Cal:796 Fat:35% Na+:750mg</i></p>	<p><b>29</b></p> <p style="text-align: center;"><b>Breaded Fish</b></p> <p style="text-align: center;">Tartar Sauce Delmonico Potatoes Mixed Vegetables Fresh Orange Wheat Roll</p> <p style="text-align: right;"><b>Na+</b> 220 97 212 30 0 290</p> <p style="text-align: right;"><b>Cal:783 Fat:27% Na+:974mg</b></p>