

July 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	BBQ Chicken * Seasoned Potatoes Mixed Vegetables Strawberry Shortcake Diet = Strawberries	4	<u>INDEPENDENCE DAY</u> <u>NO MEAL SERVED</u> 	5	Marinated Pork Loin Vegetable Fried Rice Oriental Blend Vegetables Mandarin Oranges Whole Wheat Bread Fortune Cookie	6	Jambalaya* Rice Pilaf Green Peas Fresh Fruit Cornbread	7	Fish with Crumb Topping Potato Wedges Brussels Sprouts Tapioca Diet = Diet Tapioca Pumpernickel Bread
Cal:770 Fat:25% Na+:1191mg Diet Cal:620 Fat:20% Na+:1081mg				Cal:605 Fat:18% Na+:735mg		Cal:761 Fat:24% Na+:1121mg		Cal: 683 Fat:28% Na+:1055mg Diet Cal:633 Fat:28% Na+:980mg	
10	Roast Pork & Gravy Mashed Potatoes Country Blend Vegetables Yogurt French Bread	11	High Sodium Meal Roast Beef* Potato Salad Three Bean Salad Cantaloupe Mayonnaise Ind. Pkt. Wheat Roll	12	Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Sour Cream Packet Pita Bread	13	Salmon Boat with Dill Sauce Mashed Potatoes Peas & Pearl Onions Cookie Pumpernickel Bread	14	Lasagna Broccoli Baked Apple Crisp Diet=Yogurt Italian Bread
Cal:728 Fat:30% Na+:766mg		Cal:788 Fat:46% Na+:1344mg		Cal:754 Fat:29% Na+:655mg		Cal:749 Fat:31% Na+:893mg		Cal:623 Fat:16% Na+:721mg Diet Cal:507 Fat:14% Na+:752mg	
17	Sesame Beef* Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie French Bread	18	Chicken Cacciatore Penne Pasta Italian Blend Vegetables Snack'N Loaf Diet = Granola Bar Italian Bread	19	Shepherd's Pie Peas Carrots Chocolate Mousse Pumpernickel Bread	20	High Sodium Meal Hot Dog* Baked Beans Pasta Salad Fresh Melon Mustard Packet Hot Dog Bun	21	Potato Crunch Fish Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches
Cal:703 Fat:36% Na+:956mg		Cal:659 Fat:20% Na+:949mg Diet Cal:572 Fat:17% Na+:868mg		Cal:773 Fat:29% Na+:971mg		Cal:813 Fat:33% Na+:1467mg		Cal:693 Fat:24% Na+:713mg	
24	Chicken Mornay* Vegetable Couscous Roman Blend Vegetables Mixed Fruit Whole Wheat Bread	25	Pot Roast Stew Steamed Potatoes Succotash Pudding Sugar Free Pudding Pumpernickel Bread	26	Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread	27	Chicken a La King Wild Rice Brussels Sprouts Birthday Cake Diet = Plain Cake Pumpernickel Bread	28	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread
Cal:694 Fat:25% Na+:1023mg		Cal:853 Fat:30% Na+:617mg Diet Cal:780 Fat:29% Na+:611mg		Cal:844 Fat:34% Na+:774mg		Cal:837 Fat:34% Na+:774mg Diet Cal:712 Fat:24% Na+:774mg		Cal:736 Fat:30% 720Na+:mg	
29	Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Italian Bread	<p>Menus are Subject to Change</p> <p>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.</p> <p>Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg</p> <p>High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk</p>							
Cal:711 Fat:25% Na+:628mg									