

May 2017 - Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Pork Gravy Mashed Potatoes Jardinière Vegetables Peaches Marble Rye Bread Cal:724 Fat:30% Na+:744mg	2 Salmon Boat w/ Dill Sauce Rice Pilaf Peas & Pearl Onions Cookie Pumpernickel Bread Cal:656 Fat:26% Na+:712mg	3 Lasagna Broccoli Corn Mousse Italian Bread Cal:589 Fat:12% Na+:721mg	4 High Sodium Meal Roast Beef Potato Salad Beet Salad Cantaloupe Mayonnaise Wheat Roll Cal:748 Fat:47% Na+:1260mg	5 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Cal:754 Fat:30% Na+:655mg
8 Sesame Beef * Steamed White Rice Broccoli & Carrots Mandarin Oranges Fortune Cookie Wheat Bread Cal:816 Fat:34% Na+:1158mg	9 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread Cal:736 Fat:30% Na+:720mg	10 Lemon Thyme Chicken Red Potatoes Peas & Onions Fruited Ambrosia Marble Rye Bread Cal:574 Fat:19% Na+:653mg	11 Roast Turkey with Gravy * Mashed Potatoes Stuffing Cranberry Sauce Tuscany Vegetables Cream Puffs Diet= Tapioca Pudding French Bread Cal:821 Fat:33% Na+:1197mg Diet Cal:770 Fat:28% Na+:1246mg	12 Potato Crunch Fish Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches Pumpernickel Bread Cal:691 Fat:24% Na+:690mg
15 Chicken Mornay * Couscous Roman Blend Vegetables Cookie French Bread Cal:672 Fat:29% Na+:1007mg	16 Stuffed Pepper Casserole Mashed Potatoes Carrots Fresh Fruit Wheat Bread Cal:685 Fat:27% Na+:680mg	17 Caribbean Pork Steamed Rice Broccoli Pineapple Pumpernickel Bread Cal:678 Fat:30% Na+:402mg	18 Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread Cal:844 Fat:33% Na+:774mg	19 Chicken Cacciatore Penne Pasta Italian Blend Vegetables Mousse Italian Bread Cal:609 Fat:19% Na+:953mg
22 Swedish Meatballs Spiral Pasta Scandinavian Vegetables Mandarin Oranges Wheat Bread Cal:597 Fat:29% Na+:590mg	23 Pork Rib-i-que Yukon Gold Potato Chuck Wagon Corn Strawberries/Whip.Topping Wheat Roll Cal:644 Fat:25% Na+:748mg	24 High Sodium Meal Sloppy Joe * Potato Wedges Mixed Vegetables Fresh Fruit Wheat Roll Cal:775 Fat:26% Na+:1412mg	25 Buttermilk Chicken Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece Pumpernickel Bread Cal:751 Fat:30% Na+:739mg Diet Cal:626 Fat:29% Na+:650mg	26 Catch of the Day Rice Pilaf Tuscany Style Vegetables Brownie Diet=Plain Cake Marble Rye Bread Cal:711 Fat:23% Na+:792mg Cal:621 Fat:21% Na+:774mg
29 Memorial Day No Meals Served	30 Chicken a La King * Wild Rice Brussels Sprouts Peaches Marble Rye Bread Cal:826 Fat:22% Na+:995mg	31 Beef with Pearl Onions Bowtie Pasta Carrots Pineapple Wheat Bread Cal:602 Fat:34% Na+:356mg	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