

November 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MENUS ARE SUBJECT TO CHANGE Na+ = Sodium mg = milligrams High Sodium Meal = >1200mg * Indicates higher sodium entrees >500mg				1 Ginger Pork Vegetable Fried Rice Broccoli Baked Apples Fortune Cookie Whole Wheat Bread Cal:612 Fat:18% Na+:784mg		2 Spaghetti & Meatballs Green Beans Vanilla Pudding Diet=SF Pudding Italian Bread Cal:866 Fat:22% Na+:801mg Diet Cal:796 Fat:21% Na+:756mg		3 BBQ Chicken * Mashed Potatoes Corn Peaches French Bread Cal:581 Fat:22% Na+:1024mg	
				6 Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Pumpernickel Bread Cal:761 Fat:30% Na+:776mg		7 Greek Chicken Steamed White Rice Broccoli Chocolate Pudding SF Tapioca Pudding Marble Rye Bread Cal:685 Fat:21% Na+:906mg Diet Cal:625 Fat:19% Na+:906mg		8 Meatloaf Gravy Garlic Mashed Potatoes Carrots Strawberries & Whipped Topping French Bread Cal:791 Fat:37% Na+:762mg	
13 Beef Stew Rice Corn Niblets Pineapple Marble Rye Bread Cal:762 Fat:20% Na+:504mg		14 Vegetable Cheese Bake* Roman Vegetables Baked Cinnamon Pears Pumpernickel Bread Cal:631 Fat:42% Na+:1074mg		15 Chicken Milano Yukon Gold Potatoes Mixed Vegetables Fruited Ambrosia Whole Wheat Bread Cal:662 Fat:27% Na+:739mg		16 Fish Victor * Sr Cream & Chive Potatoes Broccoli Peaches Wheat Roll Cal:738 Fat:32% Na+:1198mg		17 Salisbury Steak Gravy Mashed Potatoes Peas & Carrots Cookies Pita Bread Vegetable Soup Cal:748 Fat:33% Na+:1048mg	
20 Jambalaya* Rice Pilaf Green Peas Pineapple French Bread Cal:683 Fat:23% Na+:929mg		21 High Sodium Meal Roast Turkey with Gravy* Mashed Potatoes Butternut Squash Stuffing Cranberry Sauce Vanilla Mousse Pumpernickel Bread Cal:902 Fat:35% Na+:1386mg		22 Meatballs Onion Gravy Gemelli Pasta Scandinavian Vegetables Fresh Fruit Italian Bread Cal:697 Fat:27% Na+:599mg		23 THANKSGIVING NO MEAL SERVED 		24 Fish w/Crumb Topping Wild Rice Brussels Sprouts Pear Streusel Cake Diet=Small Piece Marble Rye Bread Cal:806 Fat:27% Na+:981mg Diet Cal:692 Fat:25% Na+:864mg	
27 Roast Pork Gravy Mashed Sweet Potatoes Winter Mix Vegetables Applesauce Muffin Cal:781 Fat:30% Na+:702mg		28 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Cal:754 Fat:30% Na+:655mg		29 High Sodium Meal Cold Roast Beef * Potato Salad Beet Salad Wheat Roll Fresh Fruit Minestrone Soup Cal:711 Fat:33% Na+:1429mg		30 Salmon Boat / Dill Sauce Garlic Mashed Potatoes Peas & Pearl Onions Birthday Cake Diet=Plain Cake Marble Rye Bread Cal:791 Fat:27% Na+:973mg Diet Cal:666 Fat:25% Na+:884mg			

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 dietary requirements.