

October 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
2	Chicken Piccata Couscous Roman Blend Vegetables Blueberry Pomegranate Bar Diet = Granola Bar Pumpernickel Bread	Na+ 417 70 12 80 55 127	3	Swedish Meatballs Bowtie Pasta Scandinavian Vegetables Strawberries/Whip. Topping Whole Wheat Bread	Na+ 260 8 30 2 150	4	Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit Marble Rye Bread	Na+ 389 78 6 1 127	5	Salisbury Steak w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Yogurt Italian Bread	Na+ 240 82 91 70 50 170	6	Roast Turkey w/ Turkey Gravy Mashed Sweet Potatoes Cranberry Stuffing Green Beans Peaches Marble Rye Bread	Na+ 450 77 76 161 0 10 127
Cal: 675 Fat: 23% Na+: 830mg Diet Cal: 625 Fat: 21% Na+: 805mg		Cal: 683 Fat: 30% Na+: 575mg		Cal: 730 Fat: 33% Na+: 726mg		Cal: 682 Fat: 27% Na+: 828mg		Cal: 731 Fat: 23% Na+: 1026mg						
9	COLUMBUS DAY NO MEAL SERVED 	Na+ 280 249 1 20 310	10	Pork Rib-i-que Macaroni & Cheese Side Corn Niblets Mandarin Oranges Hamburger Bun	Na+ 280 249 1 20 310	11	HIGH SODIUM MEAL Sloppy Joe * Potato Wedges Mixed Vegetables Fruit Cocktail Sandwich Roll	Na+ 682 283 30 20 310	12	Buttermilk Chicken Sour Cream & Chive Potatoes Country Blend Vegetables Fresh Fruit Vegetarian Vegetable Soup Marble Rye Bread	Na+ 262 106 22 0 212 127	13	Catch of the Day Wild Rice Spinach Brownie Diet = Small Piece Pumpernickel Bread	Na+ 484 185 60 149 75 127
		Cal: 760 Fat: 30% Na+: 985mg		Cal: 798 Fat: 28% Na+: 1450mg		Cal: 810 Fat: 30% Na+: 853mg		Cal: 742 Fat: 23% Na+: 1130mg Diet Cal: 670 Fat: 23% Na+: 1056mg						
16	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	Na+ 498 6 0 1 170	17	Stuffed Pepper Casserole Mashed Potatoes Carrots Tapioca Diet = Dt. Tapioca Whole Wheat Bread	Na+ 176 176 53 210 135 150	18	Garlic Herbed Chicken Potatoes Au Gratin Tuscan Vegetables Peach Streusel Cake Diet = Small Piece Pumpernickel Bread	Na+ 346 205 31 235 117 127	19	Beef with Pearl Onions Rice Pilaf Peas and Carrots Pineapple Whole Wheat Bread	Na+ 138 65 56 10 150	20	Breaded Fish Potato Wedges Jardiniere Vegetables Mandarin Oranges Tartar Sauce Sandwich Roll	Na+ 220 283 28 20 97 310
Cal: 788 Fat: 30% Na+: 800mg		Cal: 755 Fat: 29% Na+: 890mg Diet Cal: 705 Fat: 29% Na+: 815mg		Cal: 799 Fat: 30% Na+: 1068mg Diet Cal: 685 Fat: 30% Na+: 951mg		Cal: 802 Fat: 30% Na+: 543mg		Cal: 763 Fat: 30% Na+: 1083mg						
23	Beef Burgundy Brown Rice Winter Mix Vegetables Apple Cinnamon Grahams French Bread	Na+ 123 64 8 85 91	24	HIGH SODIUM MEAL Hot Dog * Baked Beans Coleslaw Fresh Fruit Mustard Packet Hot Dog Bun	Na+ 540 370 219 0 50 195	25	American Chop Suey Broccoli & Red Peppers Corn Cranberry Apple Crisp Diet = Applesauce French Bread	Na+ 196 21 1 62 25 91	26	Chicken Pesto Gemelli Pasta Brussels Sprouts Birthday Cake Diet = Plain Cake Pumpernickel Bread	Na+ 476 8 15 221 131 127	27	Beef and Bean Chili w/ Cheese Baked Potato Mixed Vegetables Mixed Fruit Sour Cream Packet Cornbread	Na+ 340 180 7 30 20 13 292
Cal: 693 Fat: 18% Na+: 496mg		Cal: 857 Fat: 40% Na+: 1499mg		Cal: 707 Fat: 22% Na+: 496mg Diet Cal: 583 Fat: 19% Na+: 459mg		Cal: 794 Fat: 24% Na+: 972mg Diet Cal: 669 Fat: 22% Na+: 882mg		Cal: 910 Fat: 30% Na+: 1007mg						
30	Ranch Chicken Red Bliss Potatoes Carrots and Green Beans Fresh Fruit Cream of Carrot Soup Marble Rye Bread	Na+ 476 5 27 1 140 127	31	Beef w/ Onions & Peppers Potato Wedges Mixed Vegetables Pumpkin Spice Mousse Sandwich Roll	Na+ 293 283 30 150 310	 Menus are Subject to Change 								
Cal: 716 Fat: 22% Na+: 901mg		Cal: 755 Fat: 34% Na+: 1191mg												

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