


September 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 >1200 mg Breakdown includes 125 mg Na+ for milk				1 Fish Victor * Red Bliss Potatoes 5 Jardinière Vegetables 28 Pineapple 10 Tartar Sauce 97 Wheat Roll 290 Cal: 744 Fat: 31% Na+: 1195mg
4 	5 Vegetable Cheese Bake * Roman Vegetables 30 Green Beans 0 Mixed Fruit 20 Marble Rye Bread 127 Cal: 651 Fat: 39% Na+: 1100mg	6 Chicken Milano Seasoned Potatoes 46 Beets 140 Fresh Fruit 1 Whole Wheat Bread 150 Cal: 714 Fat: 26% Na+: 859mg	7 Salisbury Steak Mashed Potatoes 176 Honey Glazed Carrots 70 Vanilla Pudding 170 Diet = Dt. Vanilla Pudding 125 Pumpernickel Bread 127 Cal: 721 Fat: 30% Na+: 925mg Diet Cal: 651 Fat: 30% Na+: 880mg	8 Beef Stew Steamed White Rice 64 Corn Niblets 1 Mandarin Oranges 20 Marble Rye Bread 127 Cal: 744 Fat: 21% Na+: 522mg
11 Chicken Sausage * Jambalaya 65 Rice Pilaf 66 Green Peas 85 Apple Cinnamon Grahams 91 French Bread Cal: 708 Fat: 26% Na+: 1013mg	12 Meatballs w/Onion Gravy 63 Bowtie Pasta 8 Country Blend Vegetables 22 Peaches 10 Pumpernickel Bread 127 Cal: 689 Fat: 27% Na+: 544mg	13 Marinated Pork Loin Couscous 70 Oriental Blend Vegetables 21 Mandarin Oranges 20 Marble Rye Bread 127 Cal: 692 Fat: 29% Na+: 417mg	14 BBQ Chicken * Herbed Potatoes 46 Mixed Vegetables 30 Fresh Fruit 1 Whole Wheat Bread 150 Cal: 688 Fat: 20% Na+: 1103mg	15 Fish w/Crumb Topping Mashed Potatoes 176 Brussels Sprouts 15 Chocolate Mousse 224 Pumpernickel Bread 127 Cal: 720 Fat: 31% Na+: 962mg
18 Sesame Beef * Steamed White Rice 762 Broccoli & Carrots 64 Pineapple 38 Fortune Cookie 1 Italian Bread 0 170 Cal: 831 Fat: 35% Na+: 1160mg	19 Salmon Boat / Dill Sauce Mashed Potatoes 176 Peas & Pearl Onions 34 Yogurt 50 Whole Wheat Bread 150 Cal: 701 Fat: 25% Na+: 826mg	20 Chicken Fajitas Spanish Rice 97 Black Beans & Corn 49 Pineapple 293 Sour Cream 10 Pita Bread 13 68 Cal: 754 Fat: 30% Na+: 655mg	21 <u>High Sodium Meal</u> Cold Roast Beef * Lettuce & Tomato 1 Potato Salad 167 Three Bean Salad 32 Cantaloupe 7 Mayo Pkt. 70 Wheat Roll 290 Cal: 774 Fat: 46% Na+: 1452mg	22 Lasagna w/ Meatballs 127 Broccoli 22 Apple Crisp 44 Diet = Applesauce 25 French Bread 91 Cal: 718 Fat: 22% Na+: 769mg Diet Cal: 562 Fat: 22% Na+: 749mg
25 Roast Pork w/ Gravy 66 Mashed Potatoes 211 Carrots 176 Strawberries & Whipped Topping 53 Marble Rye Bread 2 127 Cal: 712 Fat: 34% Na+: 761mg	26 <u>High Sodium Meal</u> Hot Dog * Baked Beans 540 Potato Salad 370 Fresh Fruit 167 Hot Dog Bun 0 Mustard 195 50 Cal: 985 Fat: 46% Na+: 1447mg	27 Catch of the Day Wild Rice 484 Broccoli 185 Fruited Ambrosia 22 Pumpernickel Bread 33 127 Cal: 714 Fat: 25% Na+: 976mg	28 Chicken Cacciatore Penne Pasta 403 Italian Blend Vegetables 55 Birthday Cake 36 Diet = Plain Cake 221 Italian Bread 131 170 Cal: 660 Fat: 18% Na+: 1010mg Diet Cal: 535 Fat: 13% Na+: 920mg	29 Potato Crunch Fish Lemon Seasoned Potato 6 Peas 66 Peaches and Whipped Topping 10 Whole Wheat Bread 150 Cal: 676 Fat: 22% Na+: 637mg