

January 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S DAY NO MEAL SERVED 	2 Hoppin' John* Steamed White Rice Cabbage & Carrots Fresh Fruit Corn Muffin	3 American Chop Suey Broccoli & Red Peppers Baked Apples Italian Bread Corn Chowder	4 Chicken Pesto Gemilli Pasta Succotash Mandarin Oranges Pumpernickel Bread	5 Beef Burgundy Brown Rice Brussels Sprouts Brownie Diet = Plain Cake Whole Wheat Bread
	Cal: 710 Fat: 26% Na+: 1090mg	Cal: 793 Fat: 23% Na+: 897mg	Cal: 718 Fat: 22% Na+: 766mg	Cal: 752 Fat: 18% Na+: 586mg <i>Diet Cal: 663 Fat: 16% Na+: 568mg</i>
8 Ranch Chicken* Red Bliss Potatoes Green Peas Peaches Apple Cinnamon Muffin	9 Beef w/ Onions & Peppers Mashed Potatoes Honey Glazed Carrots Yogurt Sandwich Roll	10 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	11 Spaghetti & Meatballs Green Beans Vanilla Mousse French Bread Congregate - Garden Salad Congregate - Garlic Bread	12 Macaroni & Cheese Spinach Stewed Tomatoes Mixed Fruit Pumpernickel Bread
	Cal: 707 Fat: 23% Na+: 926mg	Cal: 775 Fat: 26% Na+: 1014mg	Cal: 857 Fat: 40% Na+: 1499mg	Cal: 762 Fat: 26% Na+: 673mg
15 MARTIN LUTHER KING DAY NO MEAL SERVED 	16 Greek Chicken Rice Pilaf Broccoli Fresh Fruit Whole Wheat Bread Chicken Vegetable Soup	17 Meatloaf w/ Gravy Garlic Mashed Potatoes Chuck Wagon Corn Vanilla Pudding Diet = Diet Pudding Marble Rye Bread	18 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Fruit Cocktail Biscuit	19 HIGH SODIUM MEAL Fish Victor* Sour Cream & Chive Potatoes Mixed Vegetables Peaches Hamburger Bun Tartar Sauce
	Cal: 706 Fat: 19% Na+: 906mg	Cal: 902 Fat: 31% Na+: 845mg <i>Diet Cal: 832 Fat: 31% Na+: 800mg</i>	Cal: 851 Fat: 32% Na+: 891mg	Cal: 811 Fat: 34% Na+: 1308mg
22 Beef Stew Steamed White Rice Corn Niblets Strawberries & Whipped Topping Pumpernickel Bread	23 Vegetable Cheese Bake* Country Blend Vegetables Baked Cinnamon Pears Italian Bread	24 Chicken Milano Seasoned Potatoes Beets Fresh Fruit Whole Wheat Bread	25 Salisbury Steak w/ Gravy Mashed Potatoes Peas & Carrots Birthday Cake Diet = Plain Birthday Cake Marble Rye Bread	26 Catch of the Day Delmonico Potatoes Carrots Fruited Ambrosia French Bread
	Cal: 747 Fat: 24% Na+: 504mg	Cal: 699 Fat: 38% Na+: 1155mg	Cal: 664 Fat: 28% Na+: 818mg	Cal: 863 Fat: 33% Na+: 1043mg <i>Diet Cal: 738 Fat: 33% Na+: 953mg</i>
29 Chicken Sausage Jambalaya* Rice Pilaf Green Peas Pineapple Whole Wheat Bread	30 Meatballs w/ Onion Gravy Bowtie Pasta Spinach Apple Cinnamon Grahams Marble Rye Bread	31 Marinated Pork Loin Cranberry Stuffing Oriental Blend Vegetables Mandarin Oranges Pumpernickel Bread	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 *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125 mg Na+ for Milk	
	Cal: 678 Fat: 24% Na+: 957mg	Cal: 703 Fat: 28% Na+: 657mg	Cal: 695 Fat: 32% Na+: 669mg	