



February 2018 - 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. High Sodium Meal = >1200mg Na+ = Sodium mg = milligrams *indicates higher sodium entrée > 500mg			1 Fish w/ Crumb Topping Rice Pilaf Country Blend Vegetables Tapioca Pudding Diet = Diet Tapioca Italian Bread	2 BBQ Chicken * Mashed Potatoes Brussel Sprouts Fresh Fruit Marble Rye Bread
			Cal: 765 Fat: 21% Na+: 915mg Diet Cal: 715 Fat: 21% Na+: 840mg	Cal: 681 Fat: 21% Na+:1194mg
5 Roast Pork w/ Gravy Mashed Sweet Potatoes Jardinière Vegetables Apple Cinnamon Grahams Whole Wheat Bread	6 Salmon Boat w / Dill Sauce Mashed Potatoes Mixed Vegetables Yogurt Marble Rye Bread	7 Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	8 HIGH SODIUM MEAL Cold Roast Beef* Lettuce & Tomato Potato Salad Three Bean Salad Fresh Fruit Mayo Sandwich Roll	9 Beef and Bean Chili w/ Cheese Baked Potato Roman Blend Vegetable Apple Crisp - Cold Diet = Applesauce Pumpernickel Bread
Cal: 763 Fat: 30% Na+: 752mg		Cal: 696 Fat: 23% Na+: 816mg		Cal: 754 Fat: 30% Na+: 655mg
12 Sesame Beef* Steamed White Rice Carrots Pineapple Fortune Cookie Marble Rye Bread	13 MARDI GRAS Chicken & Sausage Gumbo* Paella Rice Peas Mandarin Oranges Cornbread	14 VALENTINE'S DAY Lasagna Corn Niblets Broccoli Cheesecake Mousse w/ Strawberries Italian Bread	15 HIGH SODIUM MEAL Hot Dog * Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	16 Potato Crunch Fish Lemon Seasoned Potato Peas & Mushrooms Granola Bar Pumpernickel Bread Split Pea Soup
Cal: 705 Fat: 36% Na+: 981mg		Cal: 680 Fat: 22% Na+: 1143mg		Cal: 636 Fat: 16% Na+: 838mg
19 PRESIDENTS' DAY NO MEAL SERVED 	20 Sloppy Joe* Herb Seasoned Potatoes Mixed Vegetables Diced Pears Hamburger Bun	21 Turkey a La King* White Rice Brussels Sprouts Sliced Peaches Pumpernickel Bread	22 Meatloaf w/ Beef Gravy Garlic Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Plain Birthday Cake Whole Wheat Bread	23 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread
		Cal: 773 Fat: 24% Na+:1193mg		Cal: 627 Fat: 20% Na+: 1127mg
26 Swedish Meatballs Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Pumpernickel Bread	27 Pork Rib-i-que Mac 'n Cheese Side Chuck Wagon Corn Strawberries & Whipped Topping Sandwich Roll	28 Chicken Mornay * Couscous Roman Blend Vegetables Yogurt Marble Rye Bread Cream of Broccoli Soup		
Cal: 677 Fat: 27% Na+: 570mg		Cal: 715 Fat: 31% Na+: 960mg		Cal: 833 Fat: 27% Na+: 1172mg