


April 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
1	Beef Stew Steamed Rice Green Beans Pineapple Whole Wheat Bread	Na+ 186 64 0 1 150	3	Vegetable Cheese Bake* Broccoli & Red Peppers Corn Yogurt French Bread	Na+ 798 21 1 75 91	4	Chicken Milano Wild Rice Tuscany Blend Vegetables Mandarin Oranges Italian Bread	Na+ 396 185 31 7 96	5	Salisbury Steak Gravy Mashed Potatoes Peas & Carrots Fresh Fruit French Bread	Na+ 420 82 176 72 0 91	6	Breaded Fish Tartar Sauce Lemon Seasoned Potato Scandinavian Vegetables Fruited Ambrosia Pumpernickel Bread	Na+ 190 97 6 30 33 127
Cal:713 Fat:17% Na+:525mg		Cal:704 Fat:30% Na+:1111mg		Cal:651 Fat:18% Na+:840mg		Cal:726 Fat:28% Na+:966mg		Cal:680 Fat:21% Na+:609mg						
9	Chicken Sausage Jambalaya* Rice Pilaf Green Peas Cookie French Bread	Na+ 581 65 66 70 91	10	Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Whole Wheat Bread	Na+ 286 8 30 7 150	11	Marinated Pork Loin Herb Seasoned Potatoes Oriental Blend Vegetables Fresh Fruit Marble Rye Bread Minestrone Soup	Na+ 54 64 21 0 127 201	12	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread	Na+ 97 49 293 13 1 68	13	Fish w/Crumb Topping Potatoes O'Brien Broccoli Gingerbread Diet=Small Piece Pumpernickel Bread	Na+ 294 78 22 280 144 127
Cal:675 Fat:21% Na+:998mg		Cal:685 Fat:22% Na+:605mg		Cal:775 Fat:23% Na+:592mg		Cal:762 Fat:26% Na+:646mg		Cal:665 Fat:19% Na+:935mg Diet Cal:595 Fat:17% Na+:790mg						
16	Patriots' Day No Meal Served 		17	Salmon Boat / Dill Sauce Mashed Potatoes Peas & Pearl Onions Peaches Marble Rye Bread	Na+ 283 176 34 5 127	18	BBQ Chicken* Red Bliss Potatoes Summer Corn Salad Cantaloupe Pumpernickel Bread	Na+ 751 5 19 7 127	19	High Sodium Meal Roast Beef Lettuce & Tomato Potato Salad Beet Salad Pears Wheat Roll	Na+ 506 0 234 140 5 290	20	Lasagna Meatballs Corn Niblets Cheesecake Mousse Italian Bread	Na+ 360 165 1 130 96
		Cal:667 Fat:18% Na+:749mg		Cal:617 Fat:19% Na+:1033mg		Cal:694 Fat:34% Na+:1304mg		Cal:687 Fat:20% Na+:877mg						
23	Roast Pork w/ Gravy Mashed Potatoes Jardiniere Vegetables Fresh Fruit Marble Rye Bread Split Pea Soup	Na+ 277 176 28 0 127 321	24	High Sodium Meal Hot Dog* Baked Beans Coleslaw Mixed Fruit Hot Dog Bun	Na+ 540 370 219 10 195	25	Beef and Bean Chili w/ Cheese Baked Potato Sour Cream Mixed Vegetables Peaches Whole Wheat Bread	Na+ 340 180 7 13 30 5 150	26	Chicken Cacciatore Penne Pasta Italian Blend Vegetables Birthday Cake Plain Cake Italian Bread	Na+ 403 55 36 221 131 96	27	Haddock w/Picatta Sauce Garden Blend Rice Broccoli Brownie Diet=Half Piece Pumpernickel Bread	Na+ 392 65 22 149 75 127
Cal:851 Fat:25% Na+:1055mg		Cal:836 Fat:37% Na+:1459mg		Cal:808 Fat:28% Na+:850mg		Cal:641 Fat:12% Na+:936mg Diet Cal:516 Fat:7% Na+:846mg		Cal:681 Fat:14% Na+:880mg Diet Cal:608 Fat:12% Na+:805mg						
30	Chicken Mornay* Couscous Roman Blend Vegetables Tapioca Pudding Diet Tapioca Pudding French Bread	Na+ 640 70 12 210 135 91	<p>Menus are Subject to Change</p> <p>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.</p> <p>Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg</p>											
Cal:742 Fat:21% Na+:1147mg														
Diet Cal:692 Fat:20% Na+:1072mg														