

March 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. Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200 mg Breakdown includes 125 mg Na+ for Milk						1 Pot Roast* Gravy Rice Pilaf Herbed Carrots Cold Pear Crisp Diet=Applesauce French Bread Na+ 740 85 65 53 36 25 91 Cal:662 Fat:16% Na+:1195mg Diet Cal:583 Fat:16% Na+:1184mg		2 Haddock w/Parmesan Sauce Wild Rice Broccoli & Red Peppers Brownie Diet=Smaller Piece Pumpnickel Bread Na+ 463 185 21 149 131 127 Cal:842 Fat:34% Na+:1070mg Diet Cal:769 Fat:32% Na+:996mg	
						5 Roast Turkey* Gravy Mashed Sweet Potatoes Green Beans Pineapple Marble Rye Bread Na+ 683 77 76 0 10 127 Cal:606 Fat:12% Na+:1099mg		6 Stuffed Pepper Casserole Mashed Potatoes Carrots Butterscotch Pudding Diet=Vanilla Pudding Pumpnickel Bread Na+ 176 176 43 246 125 127 Cal:732 Fat:25% Na+:893mg Diet Cal:694 Fat:23% Na+:772mg	
12 Beef Burgundy Mashed Potatoes Brussels Sprouts Tapioca Pudding Diet Tapioca Pudding French Bread Na+ 123 176 15 210 135 91 Cal:780 Fat:16% Na+:740mg Diet Cal:730 Fat:15% Na+:665mg		13 High Sodium Meal Hot Dog Peppers & Onions Baked Beans Coleslaw Peaches Hot Dog Bun Na+ 540 3 370 233 10 195 Cal:904 Fat:41% Na+:1476mg		14 American Chop Suey Broccoli Corn Apple Crisp Diet=Applesauce Italian Bread Na+ 196 9 14 63 25 96 Cal:685 Fat:17% Na+:490mg Diet Cal:575 Fat:13% Na+:452mg		15 High Sodium Meal Corned Beef Boiled Potato Cabbage & Carrots Corn Gingerbread w/Topping Diet=Small Piece w/Topping Pumpnickel Bread Na+ 900 6 25 1 289 144 127 Cal:645 Fat:15% Na+:1473mg Diet Cal:575 Fat:14% Na+:1329mg		16 Breaded Fish Tartar Sauce Herbed Potatoes Mixed Vegetables Fresh Orange Sandwich Roll Vegetable Soup Na+ 220 97 46 30 0 290 212 Cal:839 Fat:23% Na+:1020mg	
19 Ranch Chicken* Wild Rice Carrots and Green Beans Peaches Marble Rye Bread Na+ 531 185 22 10 127 Cal:654 Fat:16% Na+:999mg		20 Beef w/Onions &Peppers Sour Cream & Chive Potatoes Carrots Pears Roll Na+ 293 106 43 10 290 Cal:694 Fat:21% Na+:867mg		21 Roast Pork Gravy Cranberry Stuffing Peas & Onions Fruited Ambrosia Whole Wheat Bread Na+ 266 211 308 34 33 150 Cal:694 Fat:24% Na+:1127mg		22 Spaghetti & Meatballs Green Beans Birthday Cake Plain Cake Italian Bread Na+ 307 0 221 131 96 Cal:825 Fat:21% Na+:749mg Diet Cal:700 Fat:16% Na+:660mg		23 Macaroni & Cheese Tuscany Vegetables Stewed Tomatoes Fresh Fruit Pumpnickel Bread Na+ 498 31 6 0 127 Cal:790 Fat:26% Na+:788mg	
26 Greek Chicken Steamed White Rice Broccoli Banana Pumpnickel Bread Cream of Carrot Soup Na+ 479 64 22 0 127 140 Cal:732 Fat:19% Na+:957mg		27 Lasagna Meatballs Peas Pear Crisp Diet = Applesauce Italian Bread Na+ 360 152 66 36 25 96 Cal:741 Fat:20% Na+:862mg Diet Cal:631 Fat:15% Na+:824mg		28 Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Mixed Fruit French Bread Na+ 248 82 176 2 20 91 Cal:850 Fat:30% Na+:745mg		29 Glazed Ham w/Pineapple Mashed Potatoes Herbed Carrots Eclairs Diet = Vanilla Mousse Marble Rye Bread Na+ 468 176 54 90 150 127 Cal:803 Fat:29% Na+:1040mg Diet Cal:710 Fat:24% Na+:1100mg		30 Potato Crunch Fish Tartar Sauce Rice Pilaf Broccoli & Red Peppers Blondie Diet=Smaller Piece Whole Wheat Bread Na+ 270 97 65 21 270 135 150 Cal:897 Fat:34% Na+:1000mg Diet Cal:775 Fat:29% Na+:864mg	