

MAY 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Shepherd's Pie Peas Carrots Apple Cinnamon Grahams French Bread	2 Turkey Breast * a la King Sauce Steamed White Rice Brussel Sprouts Peaches Corn Muffin	3 Meatloaf Beef Gravy Garlic Mashed Potatoes Mixed Vegetables Pear Crisp Diet = Applesauce Whole Wheat Bread	4 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread
	Cal: 812 Fat: 30% Na+: 717mg	Cal: 777 Fat: 28% Na+: 1149mg	Cal: 788 Fat: 27% Na+: 805mg Diet Cal: 709 Fat: 27% Na+: 794mg	Cal: 735 Fat: 31% Na+: 725mg
7 Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Whole Wheat Bread	8 Pork Rib-i-que Mac 'n Cheese Side Corn Niblets Strawberries w/ Whip Topping Sandwich Roll	9 Sloppy Joes * Herbed Potatoes Mixed Vegetables Fresh Fruit Hamburger Bun	10 Chicken Cordon Bleu * Mashed Sweet Potatoes Scandinavian Vegetables Cream Puffs French Bread	11 Catch of the Day Rice Pilaf Roman Blend Vegetables Brownie Diet = Small Piece Marble Rye Bread
Cal: 679 Fat: 27% Na+: 593mg	Cal: 724 Fat: 31% Na+: 957mg	Cal: 773 Fat: 25% Na+: 1183mg	Cal: 772 Fat: 32% Na+: 998mg	Cal: 737 Fat: 22% Na+: 963mg Diet Cal: 664 Fat: 22 Na+: 888mg
14 Buttermilk Chicken Red Bliss Potatoes Peas & Carrots Yogurt Pumpernickel Bread	15 Stuffed Pepper Casserole Mashed Potatoes Carrots Fresh Fruit Whole Wheat Bread	16 Garlic Herbed Chicken Potatoes Au Gratin Winter Mixed Vegetables Peach Streusel Cake Diet = Small Piece Marble Rye Bread	17 Beef w/ Pearl Onions Rice Pilaf Green Beans Pineapple Italian Bread	18 Breaded Fish Potato Wedges Beets Pears Tartar Sauce Hamburger Bun
Cal: 685 Fat: 28% Na+: 640mg	Cal: 711 Fat: 27% Na+: 671mg	Cal: 797 Fat: 29% Na+: 1046 mg Diet Cal: 683 Fat: 28% Na+: 928mg	Cal: 756 Fat: 31% Na+: 434mg	Cal: 712 Fat: 28% Na+: 1163mg
21 Beef Burgundy Brown Rice Broccoli Mixed Fruit Dinner Roll	22 High Sodium Meal Roast Turkey * Turkey Gravy Cranberry Stuffing California Vegetables Banana Pudding Diet = Diet Vanilla Italian Bread	23 American Chop Suey Broccoli & Red Peppers Corn Apple Crisp Diet = Applesauce Whole Wheat Bread	24 Chicken Pesto Delmonico Potatoes Chuck Wagon Corn Birthday Cake Diet = Plain Cake Pumpernickel Bread	25 High Sodium Meal Hot Dog * Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard
Cal: 709 Fat: 14% Na+: 763mg	Cal: 672 Fat: 24% Na+: 1489mg Diet Cal: 602 Fat: 24% Na+: 1444g	Cal: 711 Fat: 23% Na+: 556mg Diet Cal: 601 Fat: 20% Na+: 518g	Cal: 823 Fat: 28% Na+: 1165mg Diet Cal: 698 Fat: 26% Na+: 1075mg	Cal: 857 Fat: 40% Na+: 1499mg
28 MEMORIAL DAY NO MEAL SERVED 	29 Beef w/ Onions & Peppers Mashed Potatoes Tuscany Vegetables Granola Bar Sandwich Roll	30 Ranch Chicken * Wild Rice Honey Glazed Carrots Mandarin Oranges Pumpernickel Bread	31 Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit Marble Rye Bread	Menu Subject to Change
	Cal: 731 Fat: 28% Na+: 981mg	Cal: 690 Fat: 23% Na+: 1057mg	Cal: 730 Fat: 33% Na+: 726mg	

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 dietary requirements.

Na+ = Sodium High Sodium Meal = >1200mg *Indicates higher sodium entrees >500mg mg = milligrams Breakdown Includes 125 mg Na+ for milk