

July 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2	Italian Braised Beef Steamed Rice Broccoli & Red Peppers Mixed Fruit French Bread	Na+ 383 64 21 20 120	3 ~ High Sodium Meal ~ Hot Dog* Baked Beans Coleslaw Strawberries & Blueberries Bun	Na+ 540 370 219 2 195	4 Independence Day No Meal Served 	5 Chicken Cacciatore Gemmelli Pasta Italian Blend Vegetables Chocolate Mousse Italian Bread	Na+ 403 8 36 224 96	6 Potato Crunch Fish Lemon Seasoned Potato Peas & Mushrooms Peach Crisp Diet = Applesauce Marble Rye Bread	Na+ 280 6 45 36 25 105	
Cal:756 Fat:36% Na+:732mg		Cal:815 Fat:57% Na+:1451mg				Cal:647 Fat:21% Na+:892mg		Cal:697 Fat:26% Na+:597mg Diet: Cal:619 Fat:21% Na+:586mg		
9	Turkey Supreme* Wild Rice Green Beans Pineapple Italian Bread	Na+ 786 185 0 1 96	10 Baked Potato w/ Chili & Cheese Mixed Vegetables Sour Cream Lorna Doone Cookies Marble Rye Bread	Na+ 6 431 30 13 100 105	11 Chicken Mornay* Couscous Roman Blend Vegetables Apple Streusel Cake Diet = Small Piece Pita Bread	Na+ 640 70 12 271 135 68	12 Meatloaf Gravy Sour Cream & Chive Potatoes Glazed Carrots Mixed Fruit Peasant Bread	Na+ 301 72 154 70 20 142	13 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Pumpernickel Bread	Na+ 498 6 0 0 135
Cal:618 Fat:20% Na+:1193mg		Cal:814 Fat:46% Na+:810mg		Cal:836 Fat:42% Na+:1185mg Diet Cal:716 Fat:35% Na+:1049mg		Cal:847 Fat:40% Na+:884mg		Cal:757 Fat:39% Na+:764mg		
16	Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Butterscotch Pudding Diet = Tapioca Pudding Italian Bread	Na+ 260 176 30 246 135 96	17 Pork Rib-i-que Sweet Potatoes Corn Niblets Fresh Melon Wheat Roll	Na+ 280 46 1 7 290	18 Sloppy Joe* Rice Pilaf Summer Blend Vegetables Pineapple Wheat Roll	Na+ 682 65 24 1 290	19 Catch of the Day Lemon Seasoned Rice Roman Blend Vegetables Gingerbread Diet = Small Piece Marble Rye Bread	Na+ 294 133 12 289 144 105	20 Buttermilk Chicken* Red Bliss Potatoes Mixed Vegetables Pear Crisp Diet = Pears Whole Wheat Bread	Na+ 625 5 30 55 10 138
Cal:769 Fat:43% Na+:917mg Diet Cal:709 Fat:38% Na+:822mg		Cal:615 Fat:27% Na+:750mg		Cal:785 Fat:31% Na+:1187mg		Cal:708 Fat:27% Na+:958mg Diet Cal:638 Fat:24% Na+:814mg		Cal:767 Fat:30% Na+:978mg Diet Cal:651 Fat:23% Na+:933mg		
23	Stuffed Pepper Casserole Mashed Potatoes Carrots Peaches Pumpernickel Bread	Na+ 176 176 43 10 135	24 Burger Chili Cheese Sweet Potato Fries Cucumber & Tomato Salad Fresh Fruit Wheat Roll	Na+ 260 178 90 172 71 1 290	25 ~ High Sodium Meal ~ Roast Turkey* Gravy Cranberry Stuffing California Blend Vegetables Brownie Diet = Half Piece Italian Bread	Na+ 683 77 308 27 149 75 96	26 Garlic Herbed Chicken Potatoes Au Gratin Green Beans Birthday Cake Diet = Plain Cake Marble Rye Bread	Na+ 346 205 0 221 131 105	27 Breaded Fish Tartar Sauce Potato Wedges Jardinière Vegetables Baked Cinnamon Pears Wheat Roll	Na+ 220 85 283 28 12 290
Cal:679 Fat:32% Na+:665mg		Cal:893 Fat:54% Na+:1187mg		Cal:661 Fat:26% Na+:1465mg Diet Cal:588 Fat:23% Na+:1391mg		Cal:747 Fat:34% Na+:1001mg Diet Cal:621 Fat:27% Na+:912mg		Cal:752 Fat:35% Na+:1043mg		
30	American Chop Suey Broccoli Bread Pudding Italian Bread	Na+ 196 9 145 96	31 Shepherd's Pie Carrots Peas Lemon Pudding Diet = Sugar Free Pudding Whole Wheat Bread	Na+ 238 53 58 180 129 138	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 dietary requirements.					
Cal:602 Fat:25% Na+:571mg		Cal:822 Fat:39% Na+:792mg Diet Cal:759 Fat:38% Na+:742mg		Na+ = Sodium mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg						