

JUNE 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menus are Subject to Change</u></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. High Sodium Meal = >1200mg Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg</p>				<p>1</p> <p>Spaghetti & Meatballs Green Beans Baked Apples Italian Bread</p>
				Cal: 700 Fat: 21% Na+: 543mg
<p>4</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Yogurt Pumpernickel Bread</p>	<p>5</p> <p>Greek Chicken Rice Pilaf Broccoli Tapioca Diet = Dt. Tapioca Marble Rye Bread</p>	<p>6</p> <p>Meatloaf w/ Beef Gravy Garlic Mashed Potatoes Chuck Wagon Corn Peaches Whole Wheat Bread</p>	<p>7</p> <p>Chicken Pot Pie Yukon Gold Potatoes Mixed Vegetables Fresh Fruit Biscuit</p>	<p>8</p> <p>Breaded Fish Lemon Seasoned Potatoes Scandinavian Vegetables Mandarin Oranges Tartar Sauce Hamburger Roll</p>
Cal: 771 Fat: 30% Na+: 831mg	Cal: 706 Fat: 20% Na+: 1028mg Diet Cal: 656 Fat: 20% Na+: 953mg	Cal: 741 Fat: 26% Na+: 750mg	Cal: 734 Fat: 29% Na+: 708 mg	Cal: 705 Fat: 22% Na+: 777mg
<p>11</p> <p>Chicken Milano Herbed Seasoned Potatoes Beets Apple Cinnamon Grahams Whole Wheat Bread</p>	<p>12</p> <p>Meatballs w/ Onion Gravy Bowtie Pasta Spinach Fresh Fruit French Bread</p>	<p>13</p> <p>Catch of the Day Sour Cream & Chive Potatoes Broccoli Brownie Diet = Small Piece Pumpernickel Bread</p>	<p>14 HIGH SODIUM MEAL</p> <p>BBQ Chicken * Mashed Potatoes Country Blend Vegetables Strawberry Shortcake Diet = Strawberries/Whip Top Italian Bread</p>	<p>15</p> <p>Beef Stew Steamed White Rice Corn Niblets Pineapple Cornbread</p>
Cal: 715 Fat: 30% Na+: 943mg	Cal: 699 Fat: 26% Na+: 558mg	Cal: 741 Fat: 27% Na+: 1013mg Diet Cal: 668 Fat: 27% Na+: 939mg	Cal: 812 Fat: 29% Na+: 1281mg Diet Cal: 662 Fat: 25% Na+: 1171mg	Cal: 827 Fat: 22% Na+: 678mg
<p>18</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Whole Wheat Bread</p>	<p>19</p> <p>Marinated Pork Loin Cranberry Stuffing Oriental Blend Vegetables Mandarin Oranges Marble Rye Bread</p>	<p>20</p> <p>Vegetable Cheese Bake * Herb Potatoes Roman Blend Vegetables Pears Italian Bread</p>	<p>21</p> <p>Chicken Sausage Jambalaya * Rice Pilaf Green Peas Butterscotch Pudding Diet = Dt. Vanilla Pudding French Bread</p>	<p>22</p> <p>Fish w/ Crumb Topping Potatoes Au Gratin Brussel Spouts Yogurt Marble Rye Bread</p>
Cal: 739 Fat: 33% Na+: 835mg	Cal: 710 Fat: 30% Na+: 656mg	Cal: 756 Fat: 40% Na+: 1087mg	Cal: 733 Fat: 26% Na+: 1174mg Diet Cal: 695 Fat: 25% Na+: 1053mg	Cal: 711 Fat: 26% Na+: 841mg
<p>25</p> <p>Roast Pork w/ Gravy Mashed Sweet Potatoes Green Beans Applesauce Pumpernickel Bread</p>	<p>26</p> <p>Salmon Boat w / Dill Sauce Mashed Potatoes Mixed Vegetables Granola Bar Whole Wheat Bread</p>	<p>27 HIGH SODIUM MEAL</p> <p>Cold Roast Beef * Lettuce & Tomato Potato Salad Cucumber & Tomato Salad Wheat Roll Mayonnaise Fresh Fruit</p>	<p>28</p> <p>Lasagna Meatballs Broccoli Birthday Cake Diet = Plain Cake Marble Rye Bread</p>	<p>29</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream</p>
Cal: 687 Fat: 28% Na+: 631mg	Cal: 698 Fat: 26% Na+: 819mg	Cal: 737 Fat: 42% Na+: 1232mg	Cal: 716 Fat: 24% Na+: 994mg Diet Cal: 591 Fat: 22% Na+: 905mg	Cal: 754 Fat: 30% Na+: 655mg