

August 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. <i>Na+ = Sodium mg = milligrams High Sodium Meal = >1200mg</i> <i>* Indicates higher sodium entrees >500mg</i> Breakdown includes 125mg Na+ for Milk				1 Chicken Pesto Delmonico Potatoes Corn Mixed Fruit Italian Bread Cal:773 Fat:23% Na+:940mg		2 High Sodium Meal Hot Dog* Baked Beans Coleslaw Fresh Melon Hot Dog Roll Cal:842 Fat:44% Na+:1459mg		3 Haddock Parmesan Cream Sauce Wild Rice Broccoli & Carrots Brownie Diet = Small Piece Pumpernickel Bread Cal:846 Fat:36% Na+:974mg Diet Cal:773 Fat:32% Na+:899mg	
				6 Ranch Chicken* Red Bliss Potatoes Carrots and Green Beans Lorna Doone Cookies Marble Rye Bread Cal:648 Fat:30% Na+:892mg		7 Beef w/Onions & Peppers Mashed Potatoes Honey Glazed Carrots Peaches Sandwich Roll Cal:755 Fat:28% Na+:959mg		8 Vegetable Cheese Bake* Oven Roasted Potatoes Mixed Vegetables Baked Apples Italian Bread Cal:719 Fat:36% Na+:1070mg	
13 High Sodium Meal Roast Beef* Lettuce & Tomato Potato Salad Cucumber & Tomato Salad Strawberries Wheat Hamburger Roll Mayonnaise Cal:666 Fat:46% Na+:1232mg		14 Greek Chicken Steamed White Rice Broccoli Pudding Diet Pudding Pumpernickel Bread Cal:627 Fat:21% Na+:940mg		15 Meatloaf Gravy Garlic Mashed Potatoes Chuck Wagon Corn Baked Cinnamon Pears Marble Rye Bread Cal:807 Fat:28% Na+:795mg		16 Chicken Pot Pie Mashed Potatoes Summer Blend Vegetables Brownie Diet = Half Piece Biscuit Cal:904 Fat:34% Na+:1022mg Diet Cal:831 Fat:35% Na+:948mg		17 Macaroni & Cheese Carrots Green Beans Peaches Pumpernickel Bread Cal:765 Fat:31% Na+:821mg	
20 Beef Stew Rice Corn Niblets Pear Crisp Diet = Applesauce Whole Wheat Bread Cal:873 Fat:23% Na+:569mg Diet Cal:737 Fat:22% Na+:538mg		21 Cranberry Chicken Salad Lettuce & Tomato Macaroni Salad Three Bean Salad Fresh Melon Pita Bread Cal:713 Fat:40% Na+:632mg		22 Chicken Milano Seasoned Potatoes Beets Banana Pudding Diet Pudding Pumpernickel Bread Cal:772 Fat:29% Na+:1013mg Diet Cal:688 Fat:28% Na+:972mg		23 Salisbury Steak Gravy Mashed Sweet Potatoes Peas & Carrots Birthday Cake Plain Cake Sandwich Roll Cal:931 Fat:30% Na+:1095mg Diet Cal:806 Fat:29% Na+:1006mg		24 Haddock Dill Sauce Lemon Seasoned Rice Broccoli & Red Peppers Fruited Ambrosia Marble Rye Bread Cal:675 Fat:21% Na+:786mg	
27 Jambalaya* Rice Pilaf Green Peas Pineapple French Bread Cal:695 Fat:23% Na+:958mg		28 Meatballs Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Whole Wheat Bread Cal:708 Fat:36% Na+:650mg		29 Fish w/Crumb Topping Wild Rice Roman Blend Vegetables Butterscotch Pudding Diet = Vanilla Pudding Marble Rye Bread Cal:686 Fat:25% Na+:967mg Diet Cal:648 Fat:24% Na+:846mg		30 BBQ Chicken* Herbed Potatoes Country Blend Vegetables Fresh Fruit Vienna Bread Cal:649 Fat:15% Na+:986mg		31 Marinated Pork Loin Cranberry Herb Stuffing Brussels Sprouts Blondie Diet = Small Piece Pumpernickel Bread Cal:803 Fat:28% Na+:1068mg Diet Cal:681 Fat:26% Na+:932mg	