

September 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
3	LABOR DAY NO MEAL SERVED 	4	Salmon Boat w/ Dill Sauce Mashed Potatoes Peas & Carrots Peaches Whole Wheat Bread	Na+	283 176 72 10 138	5	Chicken Fajitas Spanish Rice Black Beans & Corn Mandarin Oranges Sour Cream Pita Bread	Na+	97 49 293 20 13 68	6	<u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Mustard Fresh Fruit Hot Dog Bun	Na+	540 370 219 50 0 195	7	Lasagna w/ Meatballs Broccoli Lorna Doone Cookies Italian Bread Minestrone Soup	Na+	360 140 22 100 96 201		
Cal: 687 Fat: 24% Na+: 804mg		Cal: 744 Fat: 31% Na+: 665mg		Cal: 857 Fat: 40% Na+: 1499mg		Cal: 744 Fat: 27% Na+: 1044mg													
10	Italian Braised Beef Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie Whole Wheat Bread	Na+	383 64 38 10 0 138	11	Chicken Mornay* Vegetable Couscous Roman Blend Vegetables Chocolate Mousse Italian Bread	Na+	640 77 12 224 96	12	Roast Pork w/ Gravy Cranberry Herb Stuffing Mashed Potatoes Mixed Vegetables Applesauce Marble Rye Bread	Na+	45 211 154 176 30 25 105	13	<u>HIGH SODIUM MEAL</u> Roast Beef * Lettuce & Tomato Potato Salad Tomato & Cucumber Salad Fresh Fruit Mayonnaise Wheat Roll	Na+	506 2 167 71 0 70 290	14	Potato Crunch Fish Lemon Seasoned Potatoes Peas & Mushrooms Rice Pudding Diet = Dt. Tapioca French Bread	Na+	280 179 45 27 135 120
Cal: 787 Fat: 28% Na+: 756mg		Cal: 715 Fat: 31% Na+: 1174mg		Cal: 695 Fat: 25% Na+: 872mg		Cal: 703 Fat: 43% Na+: 1231mg		Cal: 732 Fat: 32% Na+: 776mg Diet Cal: 703 Fat: 26% Na+: 883 mg											
17	Chicken Cacciatore Penne Pasta California Blend Vegetables Yogurt Peasant White Bread Split Pea Soup	Na+	443 5 29 75 142 321	18	Baked Potato w/ Chili & Cheese Broccoli Sour Cream Granola Bar Pumpernickel Bread	Na+	7 340 90 22 13 50 135	19	Turkey Supreme* Rice Pilaf Brussel Sprouts Fruited Ambrosia Italian Bread	Na+	784 65 15 40 96	20	Meatloaf Gravy Garlic Mashed Potatoes Country Blend Vegetables Pears French Bread	Na+	301 72 114 22 10 120	21	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Whole Wheat Bread	Na+	498 6 0 0 138
Cal: 700 Fat: 11 Na+: 1141mg		Cal: 784 Fat: 28% Na+: 782mg		Cal: 697 Fat: 24% Na+: 1125mg		Cal: 738 Fat: 26% Na+: 763mg		Cal: 755 Fat: 31% Na+: 767mg											
24	Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Strawberries & Whipped Topping Pumpernickel Bread	Na+	260 8 30 2 135	25	Pork Rib-i-que Macaroni & Cheese Side Succotash Mandarin Oranges Hamburger Bun	Na+	280 249 9 20 290	26	Sloppy Joe* Yukon Gold Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	Na+	660 5 30 0 290	27	Catch of the Day Sour Cream & Chive Potatoes Beets Birthday Cake Diet = Plain Birthday Cake Marble Rye Bread	Na+	484 106 140 221 131 105	28	Buttermilk Chicken* Lemon Seasoned Rice Spinach Brownie Diet = Small Piece Italian Bread	Na+	625 133 60 149 75 96
Cal: 686 Fat: 30% Na+: 560mg		Cal: 740 Fat: 29% Na+: 974mg		Cal: 693 Fat: 21% Na+: 1110mg		Cal: 773 Fat: 27% Na+: 1181mg Diet Cal: 648 Fat: 26% Na+: 1092mg		Cal: 782 Fat: 24% Na+: 1188mg Diet Cal: 710 Fat: 24% Na+: 1114mg											

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 = >1200mg Breakdown includes 125 mg Na+ for Milk